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The Harlem TimesTM

Volume 11 Issue 8

NEWS FOR HARLEM *and* THE HARLEMS OF THE WORLD

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LETTER FROM THE EDITOR

This issue features a topic that many in this country tend to downplay — vacation time. Falling back on the excuse that “I don’t have money” or “I can’t leave now,” many risk the negatives associated with not taking a break, such as increased stress related conditions and chronic illnesses. It is so critical to simply relax — especially during these times of rapid social change. And in light of this, The Harlem Times has dedicated most of our issue to the subject of simply getting away and the importance of “downtime”.

I still remember the advice of a good friend who happened to own a funeral home, “Take a vacation now or take a permanent one earlier than expected with me!” Words from the wise!



Best.

P.A. Jackson

*Co-Founder
& Publisher*



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Helping Africa

By Daniel Rose

Yale Alumni Nonprofit
Alliance Conference
April 5, 2014

The needs of Africa are staggering. In both economic and social areas, for humanitarian concerns and in the world's enlightened self-interest, the international community should become more aware of and involved with this continent.

Appropriate physical infrastructure, effective banking systems, energy distribution, and so on are hallmarks of developed societies. Adequate water supplies and effective farming are taken for granted by most of us; not in Africa.

Africa's needs are so great that they should be met by international aid and implemented by government. The billions of aid dollars dissipated in storm-devastated Haiti reflect the general incompetence of government. Widespread corruption in Africa compounds the problem, but the scale of the challenge calls for government involvement.

Private business initiative in a free market economy may eventually transform these societies. In the meantime, private philanthropy and the efforts of NGOs (non-governmental organizations)—so long as they are run with competence and integrity, effectiveness and honesty—have a large impact on African life.



PHILANTHROPY

An example of such philanthropy at its best is the extraordinary work of the SafeWaterNetwork, an American organization founded by Paul Newman and Joanne Woodward. Providing water systems that, at modest cost, deliver pure fresh drinking water to African villagers in need has changed the lives



Daniel Rose, left, cuts the ribbon inaugurating the Safe Water Program. To his right is the representative of the Ashanti King, Otumfuo Osei Tutu II; at his right is the Deputy Minister of the Environment and Mr. and Mrs Irwin Barkan.



Safe Water Network's modular slow sand filtration system, Aveme, Volta Region, Ghana

of thousands upon thousands for the better. The SafeWaterNetwork example, applied to problems of health, education, cultural exchanges and so forth, shows what first-rate pro bono, non-profit groups can accomplish.

The Helping Africa Foundation, a newly-formed U.S. tax-exempt 501(c)(3) foundation, will serve as a conduit through which American donors can support worthwhile programs conducted by carefully screened, highly regarded non-profits. Specific projects, prudently budgeted and closely monitored, will be life changing for the recipients.

Given the multiplicity of demands, establishing a hierarchy of needs is the first challenge. Children, who represent the future, head the list (deprived children first of all). Next are students of all ages, and then programs having wider impact.

The first groups to be supported by Helping Africa are current "star performers," the SafeWaterNetwork among them. SWN's success in bringing potable water to 12,000 Ashanti villagers at a cost of \$175,000 is universally applauded, and other underserved areas are pleading for help. The Yale Alumni Association is galvanizing

Yale alumni involved with Africa, and for modest sums, tutoring, mentoring, and similar programs can be started. The soon-to-be-activated Yale Club of Ghana has a proposed program of wonderful activities that for modest sums will have great impact.

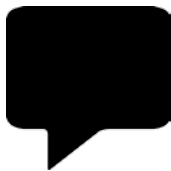
The Lordina Foundation—created by H.E. Mrs. Lordina D. Mahama, the wife of Ghana's President—is seeking funds to help the distressed children of Gambaga, a village to which women charged with being "witches" are banished (Google "Gambaga" for a discussion of witchcraft in Africa). These children—infected with HIV/AIDS and other diseases—can have their lives saved and restructured by American dollars.

The Helping Africa Foundation is the vehicle by which each of us can justify our own right to a good life.

If you would like to
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888-287-8908.

Who Owes What to Whom

By Daniel Rose



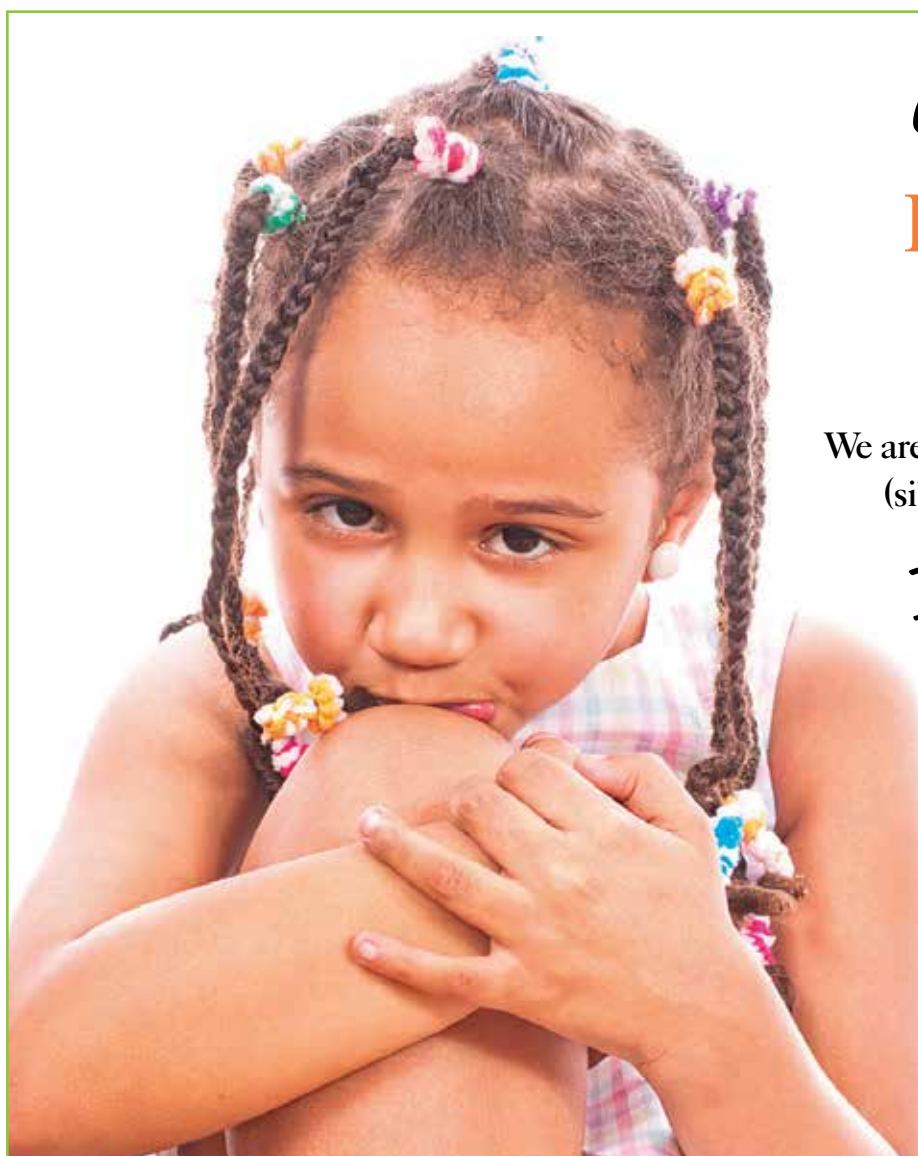
OPINION

"Individualism" is an increasing theme in American life today, as "I, me, my" displaces "we, us, our" as our defining mantra. Even the most present-minded individualist, however, feels some responsibility to past and future, some moral obligation, even when immediate self-interest is not involved.

What one "owes" to fellow citizens, what the middle-aged owe to the old or the young, what one owes to fellow members of

each minority group to which we may belong—whether ethnic or religious, economic or social—are decisions we each must make for ourselves.

The relationship of Americans to citizens of Africa is such a decision. The children of that troubled but promising continent need help, and our article on Helping Africa presents a vehicle by which those wishing to do so may help.



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Many Stories Come and Gone

By Lynn Beville

As children, and at other stages of our lives, some of us have been asked, “What was it like?” or “How did it feel having other people’s children being cared for by your parents?” We were stumped by the questions because it had been our life since before we could remember. It seemed like an unnatural question asked about a natural situation.

Actually, growing up in a family such as ours has been a life of many stories. Because of who they were, or when they were born (1917 and 1920), our folks had lived what we can now call “lives of American folk.” Both had learned the spirit of sharing and could pass on multiple stories of learning the value of charity. It had been the rule of the day in their time, and the stuff that made the character of America grow in brilliance and virtue.

We were fortunate enough to learn of hardship that morphs into prosperity through our parent’s folklore, which was rich with history, symbolism, and entertainment. They became licensed foster parents in the third year of their marriage, after having their first of four children of their own.

Blending kinship by way of sharing one’s blessings is a life’s work, with extended challenges and immeasurable reward—the kind that multiplies infinitely. Adoption, whether formal or informal, is a universal and

time-honored tradition. It is complicated and spawns many stories of courage, gratification, and human interest. It contributes to the immortality of those who engage themselves with it.

Our mother had been born on the old NY Central commuter train on April 18th, as it traveled through the Bronx and headed for Westchester. Her father had wrapped her in his white shirt, and the family was de-trained and sent to the old Lincoln Hospital. She was the first of five girls in what became a sibling group of ten. She and

her sisters were all eventually placed in foster care—three in New Rochelle and two in North White Plains. One brother was raised with the New Rochelle group, one was grown by the time the family reached ten, and three brothers grew up in a little hamlet of White Plains that bordered the town of Greenburgh, a rural area where their father lived.

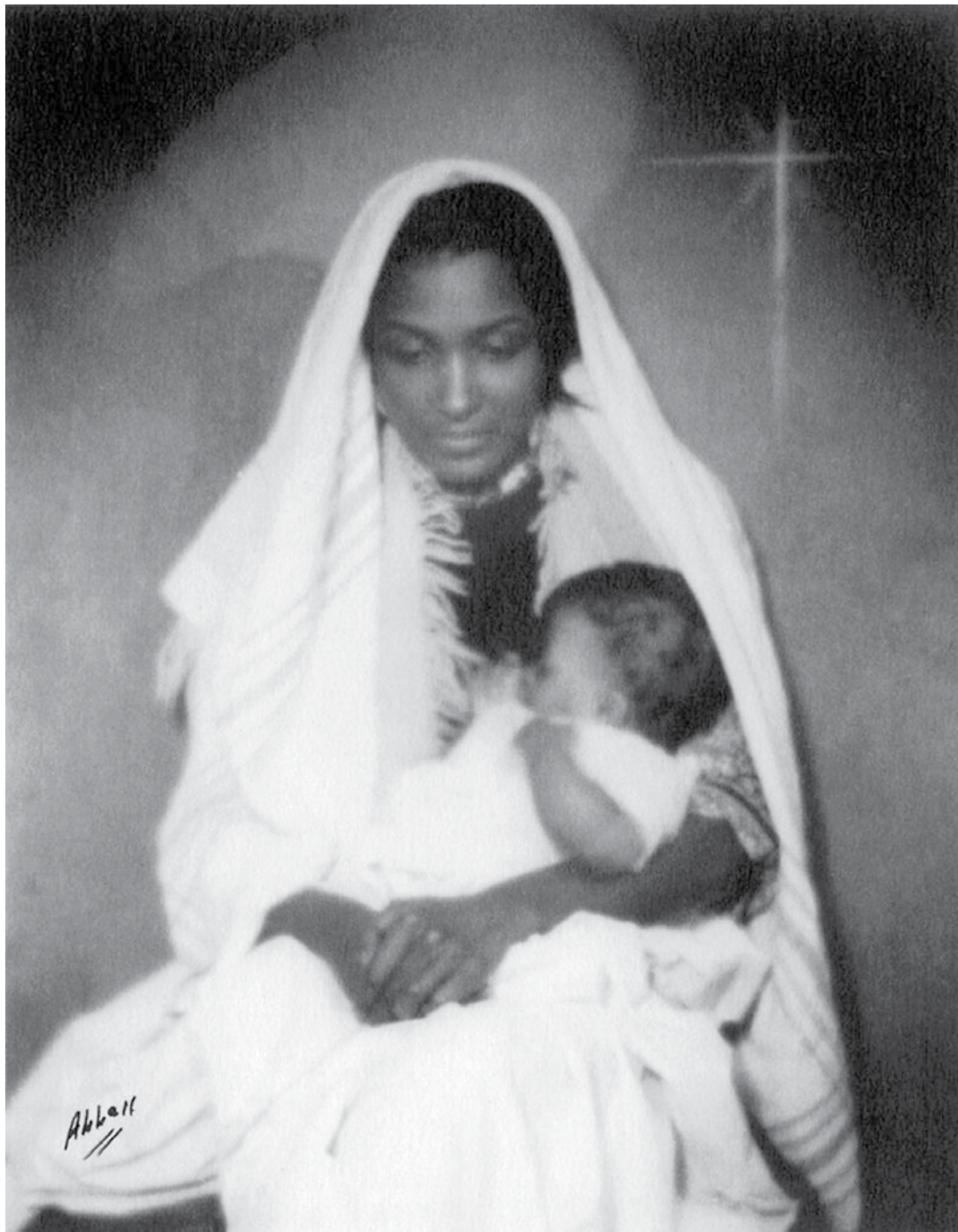
Many stories were told in folkloric remembrance to raise us as informed conduits of local Black history—character building and pride in the family

name of Burghardt. Faith, diligence, and honoring the elders were integral to the messages (as was the unfailing mastery of tradition found in allegories and parables). “A heap sees but a few knows, a heap starts but a few goes” would be one of the popular sayings used to admonish us. There were many, some Biblical, others from elders who had influenced our elders.

Our Dad was born in a small Pocono Mountains resort town to descendants of two patriarchs who had come from North Carolina and Virginia. His father had come north as the son of a railroad employee and his mother was the daughter of the preacher who started the first colored church in town. Steeped in the rich post-slavery traditions of loyalty and kinship, his folklore was laden with tales of family frolic, business enterprise, and hospitality. His family surnames were Bevil, later changed to Beville, and Johnson.

Our life was characterized by a tradition of sharing that had been the carousel of our existence—we became defined by what had defined our elders. Family tradition was so colored by kinship, our parents became known as “Aunt Ethel and Uncle Bill” to all of our friends. Children who were raised with us became “sisters and brothers,” whether adopted or not.

Our neighborhood was predominantly African American, and there were other elders who were called “Aunt” and “Uncle.” Andrew Billingsley, E. Franklin Frazier, and others have documented this tradition of kinship as evidence of sustained culture in the Black Community. The tradition of storytelling and the oral tradition of preserving history are also evidence of culture. There is no replacement for the entertainment and validating powers of many stories come and gone.



“Madonna And Child” by the African American photographer James L. Allen (1907-1977) who created this image of a black woman cradling a black infant in her arms during the 1930s.



OPINION

On The Town

Love Heals

Educating Our Youth about HIV and AIDS

By Deondra Carter

This year the annual Love Heals Gala raised more than \$600,000 to support its mission of educating young people about HIV/AIDS. The star-studded event was held on March 11th at the Four Seasons Restaurant. InStyle's Hal Rubenstein, who shared his personal struggle of living with HIV, emceed the evening.

Those honored this year for their philanthropic work in the area of HIV/AIDS were John Demsey of Estee Lauder Companies and the M•A•C AIDS Fund; Danielle Snyder and Jodie Snyder Morel of DANNIJO; and Bronson van Wyck of Workshop of the World. The gala's awards were presented by Natalie Morales of the Today Show; Margaret Russell, Editor in Chief at Architectural Digest; and Alina Cho, Editor at Large at Random House.

Love Heals co-founder Dini von Mueffling stated, "Our work in HIV/AIDS education is more critical than ever, as 25 percent of new infections occur in young people ages 13-25 and stigma about the disease has risen again. Love Heals will continue to combat these statistics and [the gala] helps immensely."

John Demsey, Chairman of the M•A•C AIDS Fund stated, "I am honored to work alongside Love Heals to educate and serve people of all ages, all races, and all sexes living with and affected by HIV and AIDS. The courageous platform of Love Heals states that prevention and edification on the subject of HIV and AIDS is significant to *everyone*, in all corners of the world from all walks of life." Since 1994 the M•A•C AIDS Fund



Co-founders Victoria Leacock Hoffman, left, Dini von Mueffling, and Stefani Greenfield



Bronson van Wyck
of Workshop of the World



John Demsey and Carol Gertz



Danielle Snyder and Jodie Snyder Morel of DANNIJO

has been dedicated to supporting bold and innovative organizations around the world that provide vital services and strengthen the safety net for people living with and affected by HIV/AIDS. With its groundbreaking VIVA GLAM campaign, 100 percent of the proceeds from every VIVA GLAM product go directly to men, women, and children affected by HIV/AIDS. To date, the M•A•C AIDS Fund has committed more than \$300 million to fund HIV/AIDS programs across the globe, including programs such as The Bailey House, headquartered in East Harlem.

Love Heals, The Alison Gertz Founda-

tion for AIDS Education, was co-founded by Dini von Mueffling, Stefani Greenfield, and Victoria Leacock Hoffman, after the death of their best friend Alison Gertz. Ms. Gertz, born and raised in Manhattan, a child of an affluent family, contracted HIV in 1982 at the age of sixteen. She wasn't tested until she became chronically ill six years later. She went public with her story in a 1989 New York Times interview. She stated, "All the AIDS articles are about homosexuals or poor people on drugs, and unfortunately a lot of people just flip by them. They think it doesn't apply to them. They can't turn the page on me. I could be one of them, or their daughter. They

have to deal with this. I want to talk to these kids who think they're immortal. I want to tell them: I'm heterosexual, and it took only one time for me."

Ms. Gertz's mission was to teach young people that if she could contract HIV, anyone could. Alison Gertz died in 1992 of AIDS-related pneumonia, yet her legacy lives on through Love Heals. Love Heals reaches more than 40,000 young people each year utilizing innovative educational programs led by HIV-positive speakers. Love Heals partners with more than 700 schools and community groups throughout New York City. For further information visit www.loveheals.org.



PHILANTHROPY

American Association of Blacks in Energy NYU-Poly Student Chapter — A New Generation of Energy Leaders

By Austin Arrington

On March 12th the NYU Polytechnic School of Engineering held an induction ceremony for the American Association of Blacks in Energy (AABE) Student Chapter. Standout students were honored and various leaders in the field of energy spoke at the ceremony. Among the noted speakers were William Suggs, Wilton Cedeno, and keynote speaker Frank Stewart.

Suggs is the President of AABE's New York Metropolitan Chapter (NYMC), as well as Senior Specialist in Corporate Environmental Health and Safety at the Consolidated Edison Company of New York (Con Edison). Cedeno is the former Chairman of the National Board of Directors to AABE, and is Director of Energy Policy and Regulatory Affairs at Con Edison. Frank Stewart is a former AABE President and Chief Operating Officer.

AABE, which was an outgrowth of the 1970s world energy crisis, started in 1977, at a time when minorities were underrepresented in the U.S. energy task force. The AABE mission remains the same as it was from its inception: to serve as a resource for policy discussion on the impact of environmental and energy policies on African Americans and other minorities; to involve the private and public sectors in the problems and goals of people of color in energy-related fields; and to encourage minority students to pursue energy-related careers, by providing scholarships and financial aid.

Stewart addressed the fact that globally disproportionate amounts of people of color still do not have access to electricity (somewhere around 1.5 billion people, or around one quarter of the world's population, mostly in Africa and Asia). He drew the connection between electric energy and other basic necessities—clean water, healthcare, education,

etc. Stewart also addressed the high-level of risks related to climate change that people of color face.

"If you talk to anybody in the lower Ninth Ward in New Orleans, they're going to have a very personal picture of what climate change is about. And people in New York City, given what happened just over a year ago, need to understand that this is a here and now issue. I tried to point out that there are literally hundreds of thousands of people of color in north and central Africa who are dying every day because they were pushed off their land, which became deserts as a result of climate change. For people of color in the U.S. and around the world, it's a major issue that's not being addressed," Stewart said to the Harlem Times.

Stewart noted that most people of color in the U.S. live in the Southeast, and in urban and coastal areas — areas that are the most vulnerable to the effects of climate change.

"Virtually all of the climate change issues are driven by the use and the misuse of energy," Stewart said. "It's up to those who are involved in energy to take the lead in trying to rectify this."

Stewart referred to natural gas as the "only real option we have," in addressing current U.S. energy needs, while still reducing the rate of greenhouse gas emissions, and eventually transitioning to renewable energy sources (sunlight, wind, rain, waves, geothermal heat). "The time that renewable energy will produce half of the power in the U.S. will be probably on the order of 2070. So, if we want to do anything between now and then, and we better do something between now and then, then we cannot overlook the essential role that natural gas plays," Stewart said.

Another major theme brought out at the ceremony is the importance of STEM (science, technology, engineering, and math) education, and the role that it will play in shaping the emerging global economy. This message surely hit home with the students and young people in attendance—including civil engineer and NYU AABE President Ramon Parchment.

"Our whole economy is getting more and more and more STEM dependent. If you're going to be a success in almost any line of work (healthcare, government, communications, etc.) today is more STEM-dependent than ever before, and



Keynote speaker Frank Stewart.
DOMINIQUE DOWD

if you can't speak that language, you'll never be able to move up the corporate ladder, or political ladder, or social ladder to the kind of place where you can really make an impact, unless you understand those issues and can work with those issues," Stewart said.

"When I speak to the young students and people of color in general, I try to let them know the importance of energy and how it impact quality of life across the globe. We have to play a strong role in the energy industry because the energy industry basically keeps the United States and the world moving, no matter what background you come from," said Suggs. "We should take advantage of whatever STEM programs there are, to play a strong role in the future of the next generation."

Suggs mentioned the Summer Energy Academy, a program developed by AABE-NYMAC, facilitated and hosted by NYU-Poly, and supported by National Grid and Con Edison. The program was designed to introduce kids (ages 11-14) to pathways to possible energy careers, by studying STEM. The daily curriculum is taught by college students, and includes discussions on energy conservation and green technology. Suggs stressed that it is important for young, soon-to-be leaders to play active roles in helping make their communities more sustainable (economically, socially, and environmentally).

Suggs himself had this to say to young people of color with promising potential in the field of energy: "Never forget who you are and where you come from. Always stand up for what's right."

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ENTERTAINMENT

Play Date

Profiling Creative Artists of Broadway

By Isis



Sherry Cohen, Broadway Stage Manager for *Chicago*, *Minnelli On Minnelli*, *The Lion King*, *Cats*, *Merlin*, *Peter Pan*, *An American Fable*, *Marilyn*, *Miss Saigon*, and currently *Mamma Mia!*

Q Hi Sherry, what spurred your initial interest in stage managing?

A. The first show I ever saw was *Camelot*. I was six years old. I kept looking offstage, wanting to know what was going on “back there.” What was everyone doing? How did everything get on and off the stage, and where did it all go? When I found out about all the different jobs you could have on a show, I liked the idea of being connected to every aspect of the production. As a stage manager, you become the point person for every department. You have a relationship with everyone connected to the show. You facilitate and oversee everything that goes on, beginning weeks before the first rehearsal, to opening night, and if you are lucky—throughout a long run. You ensure that everyone, from the director to the choreographer, the composer, book writer, designers, cast, crew, and even the front of house knows and has everything they need to be able to do their job. You are responsible for keeping the creative and technical integrity of the show the way the director left it on opening night. It never gets boring.

Q Did you have a mentor/education program that helped direct you?

A. Yes. I grew up on Long Island. In high school I joined a weekly theatre group sponsored by the public library, where I was inspired by the woman who taught the class. She introduced me to the experimental theatre movement of the 1970s, and took us into the city to see amazing avant-garde theatre companies. I loved it and knew what I wanted to do before I finished high school. I was very lucky to be exposed to live theatre and have the opportunities that I did. I went to The University of Miami, which has a fabulous theatre department, and got a BFA degree.

Q Tell us of some educational institutions that you would recommend?

A. There are a lot of terrific schools that have dedicated programs for stage managers. SUNY at Purchase has a very solid theatre department, as does Rutgers in New Jersey. If you are able to attend a private college, among the many great schools to choose from there are: NYU, Carnegie Mellon, Boston University, Ithaca College, Emerson College, University of Michigan, DePaul University, and The University of North Carolina.

Q What should a student's priority be in choosing these institutions?

A. The most important thing to look for is a school that will offer opportunities to work on a lot of productions, and get experience doing different jobs on shows. Stage managers need to “know something about everything,” and acting in a production will allow you to experience firsthand what an actor goes through—you will learn the vocabulary of how to talk to an actor about their performance. The same holds true for directing a show—learning to communicate, inspire, and get the desired outcome is an amazing accomplishment and an invaluable experience.

Q Including technical knowledge?

A. Working the technical side of a production (including electrics, carpentry,

props, sound, and wardrobe) is also of critical importance, and time well spent for aspiring stage managers. The more you know, the better prepared you are to understand, communicate, and respect the work that everyone puts in to making a show happen.

Q What are the challenges of working in this occupation?

A. For me, the biggest demand is the schedule. In addition to eight shows a week, there are rehearsals and sometimes press events and other production related commitments during the week. You work at night, on weekends, and holidays. There is a real personal sacrifice that goes with the job. I have never regretted it, but sometimes your family doesn't always understand why you are working when everyone else is home for the holidays. Working with performing artists and a lot of creative personalities every day is a juggling act. Being a good listener, seeing the big picture, keeping calm and being diplomatic while solving problems, and maintaining a professional environment can so metimes be challenging. Leaving your ego and personal feelings out of the building is essential.

Q How has the industry changed towards women?

A. Today, women are represented in every aspect of the business. *Mamma Mia!* is produced by Judy Craymer, written by Catherine Johnson, and directed by Phyllida Lloyd. In 2013, the Tony Awards for Best Director of a Musical and Best Director of a play were both women—Dianne Paulus for *Pippin* and Pam Mackinnon for *Who's Afraid of Virginia Woolf*. Women are being recognized and respected for their talent, and although there are still occasional prejudices to overcome, there are no more “closed fraternities.” Opportunities for women are much more attainable than they used to be.

Q What are some of your favorite collaborations?

A. Every show requires, demands collaboration. When there is a shared vision, the creative staff and stage managers find a balance by making use of the individual talents and strengths of the company. That becomes an ideal working environment. I have been so lucky in my career to have worked on fantastic and very successful productions. My experience on *Miss Saigon* might have been the most collaborative.

Q I understand that you counsel students on this business.

A. I always like to let students know that there are many opportunities in the business for non-performers, in addition to stage managing. I also encourage young stage managers to volunteer at benefits with Broadway Cares and the Actor's Fund, or to be a production assistant on any live event. You never know who you are going to meet, and who might pass your name along to someone who is hiring.

Q Any projects that you would like to discuss?

A. My ongoing projects are my involvement with Broadway Cares/Equity Fight Aids, a fund raising and grant making organization that funds hundreds of food banks, family service organizations, and health clinics nationwide; and The Actor's Fund of America, an organization that assists anyone in the entertainment industry through their numerous social service programs, health insurance resource center, work programs, and housing assistance.

Q A few words of wisdom?

A. Trust your instincts, do your homework so you are prepared each day, and don't ever be afraid to say, “I don't know, let me get back to you,” or to ask for help. Be yourself, treat everyone with respect, and don't ever lose your sense of humor—oh—and have fun.

Mamma Mia! Is currently playing at The Broadhurst Theater



Senior Guard Bryce Cotton, MVP of the Providence Friars, displays a 2014 Champion sign after the game against the Creighton Bluejays in the finals of the NCAA Big East Basketball Championship

A Look Back at the 35th Big East Tournament

By Jason Leach

Coming into this college basketball season, many were down on the Big East because powerhouse teams such as Syracuse, Louisville, UCONN, and Pittsburgh left to go to other conferences.

The Big East is not what it once was back in the 1980s, as chronicled in the recent ESPN 30 for 30 documentary, "Requiem for the Big East," which showcased iconic players and heated rivalries. However, the conference still provided memorable moments that culminated in the Big East Tournament.

Going into the Tournament, the Villanova Wildcats and Creighton Bluejays were the top two seeds. They were in the top 25 teams in the country, and heavy favorites to meet in the

championship game.

It didn't take long for an upset to occur as the tenth seed DePaul upset the seventh seed Georgetown Hoyas 60-56 in the first round. Earlier that night the eighth seed Seton Hall Pirates held on to defeat the Butler Bulldogs 51-50. Seton Hall would ride the momentum the following afternoon as they upset the number one seed Villanova Wildcats 64-63, as sophomore guard Sterling Gibbs hit the game winning shot as the clock ran out. This marked the first time since 2001 that Seton Hall had won two Big East Tournament games.

Seton Hall's Cinderella run would end the following night, as the Providence Friars defeated them 80-74. In that game, Friars forward LaDontae Henton had a game high 26 points and 14 rebounds. It was Henton's second double double

in as many nights as the night before he scored 16 points and grabbed 11 rebounds in their 79-74 victory over St John's.

With the win over Seton Hall, Providence advanced to the Big East Finals to face the red hot Creighton Bluejays. The Bluejays were led by the nation's leading scorer, senior forward Doug McDermott, who averaged 33.5 points per game in the first two games of the tournament in wins over DePaul and Xavier.

In the finals, Providence would go on to defeat Creighton 65-58. It was Providence's first Big East title since 1994. Providence used their 2/3 zone to frustrate Creighton, limiting them to shooting 8 out of 30 from the three-point line.

Senior Guard Bryce Cotton scored 23

points in the finals and was named tournament MVP.

"It feels great," Cotton said, after the game. "Given everything that this team has gone through, all the adversity, obstacles we faced, for us to reach this moment now, we're just going to cherish this moment."

Providence head coach Ed Cooley spoke about Cotton's performance. "Unbelievable. He's been like that the whole year and he saved his best for last on one of the greatest stages ever. He was fantastic."

Now, players such as Bryce Cotton, Doug McDermott, and St John's sophomore forward Jakarr Sampson will take their talents to the NBA. Time will tell how each will fair in the NBA, but one thing is for certain—they showed that Big East Basketball is far from dead.



Cotto vs. Martinez — Boxing on HBO

By Jason Leach

Boxing on HBO has broadcast some of the biggest fights thus far in 2014, such as Pacquiao vs. Bradley II. But the biggest fight will occur on Saturday June 7th when Miguel Cotto of Caguas, Puerto Rico (39-4, 31 KOs) challenges the WBC and Ring Magazine Middleweight Champion Sergio Martinez (51-2-2, 28 KOs) of Quilmes, Buenos Aires, Argentina.

The fight will take place on the eve the Puerto Rican Day parade, so the atmosphere at Madison Square Garden will be electric in support of Cotto. Cotto is 7-1 fighting at Madison Square Garden and has sold more tickets at MSG than any other fighter in this millennium.

The 33-year-old Cotto is seeking to become the first Puerto Rican fighter to win titles in four different divisions. This will be a tough task for Cotto considering that this will be his first fight at middleweight, and because Martinez is a solid puncher.

In Cotto's last fight in October he looked like the Cotto of old, knocking out Delvin Rodriguez in round three. This was Cotto's first fight with Hall of Fame Trainer Freddie Roach. Many feel with Roach in Cotto's corner, he stands a good chance to upset Martinez. Roach has predicted that Cotto will knock out Martinez in round 8.

Martinez is still trying to prove, despite the fact he is 39 years old, that he is the best middleweight in the world. Currently Martinez is the 5th rated fighter

pound for pound according to Ring Magazine. However, age and injuries seemed to have slowed Martinez down recently, as he has been knocked down in each of his last three fights.

In fact, due to injuries this will be Martinez first fight in almost 14 months. This fight could determine whether Martinez's long layoff allowed his body enough time to heal or if he will be rusty.

The tension between these two men was evident during the negotiation for this fight, as there was a debate about whose name should be first on the promotion. With the bad blood that has been brewing for months, expect an action-packed fight.

This fight is crucial to both fighters as they look for more lucrative fights

later this year. Miguel and his camp have already stated that if he gets past Martinez, they would like to have a rematch with boxing's Pound for Pound King Floyd "Money" Mayweather. If he's unable to get a rematch with Mayweather, then he may look to fight Junior Middleweight contender Saul "Canelo" Alvarez.

If Martinez should be victorious on June 7th, then he may fight WBA Middleweight Champion Gennady Golovkin in a unification matchup.

While these two may already have future opponents in mind, make no mistake about it, they're eyeing each other on June 7th first and foremost in a fight that could wind up being the fight of the year.



SPORTS

Winners and Losers of NFL Free Agency

By Jason Leach

The free agency frenzy began on March 11th, as teams were desperately trying to improve their roster for the upcoming NFL season. A few teams made improvements by addressing their needs. While other teams have their fans scratching their heads at the moves or lack of moves they made during free agency. Here's a look at the winners and losers of the free agency.

Winners:



New England Patriots—The Patriots surprised most by spending a lot of money in signing Darrelle Revis to a two-year \$32 million contract. They also signed cornerback Brandon Browner, giving the Patriots arguably the best cornerback tandem in the league. In fact, the Patriots have not had a secondary this talented since they won three out of four Super Bowls in the early 2000s.

On offense, the Patriots resigned wide receiver Julian Edelman, and also signed free agent receiver Brandon LaFell. These additions should put them back in the AFC title game.



Denver Broncos—After getting trounced in the Super Bowl by the Seattle Seahawks, the Broncos put an emphasis on improving their defense. They improved their secondary by acquiring cornerback Aqib Talib and safety T.J. Ward, and improved their pass rush by signing Demarcus Ware. When Von Miller returns from his knee injury, the Broncos will have one of the most feared pass rushes in the NFL.

They also signed free agent receiver Emmanuel Sanders to replace the loss of Eric Decker who signed with the Jets.



Tampa Buccaneers—After releasing Darrelle Revis, the Bucs acquired cornerback Alterraun Verner. They also picked up free agent quarterback Josh McCown (who has already been named starting quarterback by new head coach Lovie Smith). McCown had the best season of his career in 2013, throwing 13 touchdowns and only one interception with the Bears. If he can

put up similar numbers this year, Tampa Bay could make the playoffs.

Detroit Lions—The Lions spent the first part of free agency resigning some of their key free agents such as running back Joique Bell and tight end Brandon Pettigrew. Then they acquired free agent receiver Golden Tate. With Tate the Lions finally have an accomplished wide receiver that can help free up Calvin Johnson from double and triple teams.

Losers:



Dallas Cowboys—In cap salary clearing moves, the Dallas Cowboys parted ways with Demarcus Ware and wide receiver Miles Austin. Injuries have plagued Ware and Austin over the last few years, but when they were on the field they were productive. The Cowboys tried to sign defensive end Jared Allen, but Allen elected to sign with the Chicago Bears. They were also unable to re-sign defensive tackle Jason Hatcher who signed with Washington Redskins.

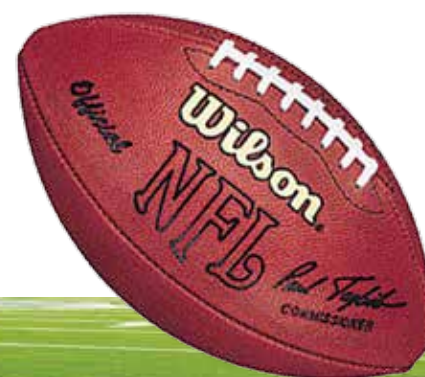


Carolina Panthers—The Panthers began the offseason by releasing their all-time leading receiver Steve Smith. They also lost free agent wide receiver Brandon LaFell to the New England Patriots. That was followed by the retirement of offensive lineman Jordan Gross. So far the Panthers have been unable to replace any of these players via free agency.

When you factor in that quarterback Cam Newton will be rehabbing for the next four months after ankle surgery, it could be a long 2014 for the Panthers.



Kansas City Chiefs—The Chiefs lost three starters on their offensive line from a season ago with the departures of Branden Albert, Jon Asamoah, and Geoff Schwartz. They also missed out on signing receiver Emmanuel Sanders, who elected to sign with the Broncos instead. Sanders could have been a great complimentary receiver to Dwayne Bowe.



Yankees Trying to Win One More for Jeter

By Jason Leach

When the upcoming baseball season ends, so will the legendary career of Yankees shortstop Derek Jeter. Over his 19-season career Jeter has embodied everything that you would want in a professional athlete. He's classy on and off the field, marketable, and a clutch performer.

It is without question that Jeter is among the top ten Yankees of all-time. He is the Yankees' all-time career leader in hits (3,316), games played (2,602), stolen bases (348), and at bats (10,614). In addition to that, he is a five-time World Series champion, 13-time All-Star, 5-time Gold Glove winner, and has the most hits in baseball history for any shortstop.



SPORTS

The numbers aside, Jeter has been part of some of the most unforgettable plays in recent Yankee history—such as the time he dove into the stands after catching a fly ball against the rival Boston Red Sox, or his 10th inning walk-off home run in Game Four of the 2001 World Series against the Arizona Diamondbacks. Perhaps his most memorable moment was the game on July 9th 2011, when he hit a homerun for his 3,000 career hit.

Jeter's upcoming retirement is also symbolic, as he is the last remaining member of the great Yankee dynasty that won four out of five World Series from 1996 to 2000.

Last year was a difficult year for the Yankees and Jeter, as the Yankees missed the playoffs and Jeter was limited to playing in only 17 games due to injuries. However, in the offseason they revamped their lineup by add-



Derek Jeter

ing catcher Brian McCann, outfielders Jacoby Ellsbury and Carlos Beltran, and acquiring pitcher Hiroki Kuroda from Japan.

The loss of Mariano Rivera to retirement and Robinson Cano to free agency will hurt, but general manager Brian Cashman believes this team has what

it takes to win the American League Pennant.

Each member of the Yankees will be playing with added motivation this year, as they try to win one more World Series for their captain. It would seem fitting if the Yankees are able to cap off Jeter's career with the franchise's 28th

World Series and the sixth World Series for Jeter.

We won't know if the Yankees are able to send Jeter off into the sunset with another World Series title until the fall. One thing that Yankees fans know for sure is that this is the end of a great era of baseball in the Bronx.



FASHION

Warm Weather Vacation Style Pack Light & Bright

By Shea Zephir

After such a brutal winter and an unpredictable spring arriving, you may have decided to head to the tropics for a healthy dose of some much-needed vitamin D. As you prep for the perfect warm weather vacation to relax and jet out on the town, we have assembled some fabulous must-haves for your getaway bag. So, no need to worry about the arduous task of what

to pack, over packing, or organizational freak-outs because our style list is all about packing light and bright for your warm weather travel. *Whether it is a sun-filled tropic escape in Barcelona or a bustling cultural city in Greece, your style choices should be fun, flirtatious, and easy-going while still reflecting practicality and your own personality.* Vacation getaways are one of the most sought after and highly anticipated events, and with obvious reason. These rejuvenating trips give us an excuse to splurge without

the guilt trip — plus, you've worked hard enough, it's time to take a break and enjoy yourself, right? Yes, there are luxurious looks this spring to help you unwind in style. Style choices for vacations are all about choosing smart and stylish getaway proof wear, such as caftans, sunglasses, and tote bags. Try expressing more style this spring and summer by maximizing on color with bold prints, or you can always play it safe by wearing white. Color, especially this season, adds to your

wardrobe a paradisiacal and adventurous feel. *Tranquility is key to enjoying your tropical town, and count on feeling fully immersed in relaxation with trendy pieces for lounging, swimming, or sipping in the sun.* Get into these whimsical getaway looks for your next warm weather destination.

Shea Zephir can be reached at www.sheazephir.com or @sheazephir



Lilly Shoreline tote at polyvore.com



22. Sunglasses at 80spurple.com



Blake Strong sandal by Designer Sophia Webster at sophiawebster.co.uk



Tunic and hat at theorchidboutique.com;



Jonathan Adler iPhone case at amazon.com



Jonathan Adler iPhone charger at amazon.com



Silverlake Clear Beach Tote by Juicy Couture at juicycouture.com



IJustCantCopeacabana at opi.com



Sherrie cutout sheath dress, also available in off white and neon green by Monif C at monifc.com



Maryan Mehlhorn bikini
at maryanmehlhorn.com



River Island black mixed
print maxidress at
riverisland.com



Ancient Greek sandals
at matchesfashion.com



Peter Pilotto for Target
dress at target.com



Tropical high-waist bikini
at topshop.com



Peru one piece by Monif C
at monifc.com



Zinko Paradise dress
at matchesfashion.com



River Island neon color
block maxi dress at
asos.com



Copperhead snake flats
at tieks.com



Peter Pilotto for Target
dress at target.com



Sally maillot olive one piece
at eyeswimwear.com



Topshop 90S round insert
sunglasses at topshop.com



Side cutout fitted dress by Mara Hoffman
at revolveclothing.com



NCLA-Melody Ehsani Collection at shopncla.com



TRAVEL

El Mirador, "The Lookout" NIKOLI DREWCHIN

Ecotourism

Traveling Off the Beaten Track

*By Austin Arrington
& Nikoli Drewchin*

At some point everybody needs a getaway. Work, finances, family; the daily stressors of life can get to be overwhelming, which is why many of us relish our paid time off as that sacred part of the year where we can recharge the battery and feel human again. However, as responsible adults, conscious of the world we live in, the social and ecological spheres we navigate on a daily basis, we must also be cognizant that tourism strongly affects these environments.

A person's "carbon footprint" refers to the total amount of greenhouse gas emissions they are responsible for. Greenhouse gases (GHGs), among other gases, include carbon dioxide (CO₂) and methane (CH₄). The Earth absorbs energy from the Sun and radiates it back into space, while GHGs absorb the energy and trap it in the atmosphere—leading to the "greenhouse effect" behind climate change. Human activity is directly responsible for the presently unsustainable rate of GHG emissions (transportation and the production and consumption of food, goods, and fuels being primary examples).

Most forms of vacationing involve a lot of GHG emissions. Taking a cruise,

flying on a plane, eating way more than we should—these factors add up. What is more, there are the social aspects of travel and tourism to consider; the way that cultures and economic strata interact with each other. In looking for ways to offset the GHG emissions caused by our getaways, and in search of socially and environmentally responsible forms of travel, ecotourism provides a possible solution.

The International Ecotourism Society defines ecotourism as "responsible travel to natural areas that conserves the environment and improves the well-being of local people." The principles of ecotourism include: minimizing the ecological impact of travel,

building environmental awareness and respect, positive experiences for visitors and hosts, the financial benefits of conservation, and raising awareness around host countries' socio-political and environmental situations.

The ecotourism getaway that we will explore in this article is "wwoofing." Worldwide Opportunities on Organic Farms (WWOOF) is a network of national organizations that facilitates the placement of volunteers on organic farms. You might be saying, "Hold on, I want a vacation. You're talking about work here!" Hear us out. By the end of the story, you might agree that wwoofing is a fun and responsible way for people of all ages to explore the diver-

sity that makes up our beautiful planet.

First, it is important to have some background on the connection between agriculture and GHGs. Agriculture is the largest contributor of non-CO2 GHGs, at 56 percent. Livestock contributes to 14.5 percent of total global GHG emissions (basically, cows let out a lot of CH4 out their back ends). Agriculture is also responsible for 75 percent of global deforestation. CO2 is primarily emitted through burning fossil fuels, but also through deforestation and soil degradation. On the plus side, soil health and forest re-growth, through a process called “carbon sequestration” can help remove excess carbon from the atmosphere.

We are hearing from gardener, environmental activist, and field reporter Nikoli Drewchin about his time volunteering at a WWOOF Farm in Nicaragua. This farm is currently experimenting with and implementing agricultural methods that have a less severe environmental impact.

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Eco-consciousness is penetrating like spring rain and a new generation of travel alternatives are sprouting up. WWOOF is a good example of an emerging nexus. It connects volunteers from all over the world with farms. Volunteers work a few hours a day in exchange for room and board. A minimum stay of two weeks is required. Hatched in England in 1971, WWOOF has grown to represent farms in dozens of countries. It creates a web of friends and ideas, cross-pollinating a new generation of sustainable living. Eating is fun. Focusing on our emerging global food system is vital to making the party better and more delicious. WWOOF is barking up the right trees. Vesuvio Farm is a new WWOOF farm in Boaco, Nicaragua, where I have spent nine months volunteering. I will tell Vesuvio's story to illustrate the movement.

My friend Raul Guerra is the third generation in his family to farm Vesuvio. He has recently returned to work on the farm after graduating with a master's in plant breeding from the University of Wisconsin. When his grandfather bought the land 60 years ago, it took him three days to get there on horseback. Now it takes three hours by truck. The coffee and milk farm is in a glorious valley in central Nicaragua. El Rio Moa meanders through the bottom. Myriad flowering trees adorn the eccentric topography. Birds cackle and



Farmworker house NIKOLI DREWCHIN

cuckoo in a fluttering frenzy of color. Lizards slither between rocks in split seconds. Monkeys twitter in the trees, ridiculing our terrestrial plight. A sloth gazes into the canopy, doing absolutely nothing. A cow stops chewing grass to admire a large blue butterfly.

Raul opened his farm to the world because he wants to share it. He needs fresh ideas and surprises. Improving his farm and his community hinges on the collaboration of other interested parties. I recently returned from visiting the farm for two weeks. A number of volunteers were staying there: an older couple from France, a student from Sweden, a Coloradan, and a Canadian. Excited conversations fruited into active projects. Chicken coops and roosts materialized into clucks and chicks. A fermenting farmer introduced yogurt making, which led to daily yogurt intake and strong stomachs. Lengthy discussions on soil buried all other “interesting” topics. Do you realize how important it is for soil to breath? How ants and microbes are crucial for decomposition and eventual nutrient absorption?

Afternoon baseball is a favorite pastime of workers, wwoofers, and visitors. We would head out into the fields, sidestepping organic bases. Swinging for the fences, we threw together a ramshackle game that would heat up, ending in a sunset bath in the river.

Raul is set on improving Vesuvio. Or-

ganic seed production is his paramount pursuit. Seed distribution is becoming more centralized, thereby reducing genetic diversity. He has started collecting seeds that he is compiling into a bank. By crossbreeding and selecting for positive traits, he will be able to sell organic seeds throughout the tropics. Raul will enrich the plant palate of his region, while preserving sturdy genetics for ages to come. Capturing biomass from the cattle is a major concern. Bio-digesters house the gases from decomposing waste, which are then used in methane kitchens. This saves energy and reduces deforestation. Raul is also planning to use designs from Open Source Ecology to produce farm equipment for Vesuvio and his community. These designs allow you to produce machines at much lower prices. Until then, most tasks are carried out with horses and oxen. The animals work hard, but eat well and procreate often! Biodynamic principles of water storage and reforestation are other big concerns. By planting close to the river, Vesuvio reduces erosion. Many of the trees species are fruiting varieties. A cycle of maturing fruits and nuts provides a delicious addition to rice and beans. Plans to start a natural healing center are underway and a sauna is also being built.

Choosing to visit a farm and help out can be serendipitous. It doesn't cost much (the price of a plane ticket), you learn a lot, and explore areas less plastered by the global marketing aesthetic.

Furthermore, the tropical countries I've visited have been filled with friendly people who are eager to hang out and play. Ideally, the osmosis of our interactions may directly help impoverished people in the tropics. Removing rigid financial walls between travelers and locals provides a less alienating scenario. Diverging from the popular tourist destinations exposes a populous less jaded by glaring inequality. During my time at the farm I never once felt scared or threatened. On the contrary, locals were generous and were thrilled to exchange stories and experiences. One visit could initiate a lifetime relationship. Co-op's between small farmers abroad could supply friends here with coffee and cacao.

Health is at the heart of life. Proper nutrition and exercise make you feel good. Agricultural prowess is embedded in the process. Moving around outside, eating fresh things, and breathing clean air are inherent aspects of our species. Living at the farm, I was able to try fresh cacao fruit, passion fruit, and cashew fruit—exquisite tastes I had no clue existed.

Like many of my peers, my relationship with nature had atrophied. Spending time in the middle of nowhere helped me to see the brilliance of the cosmos. Being in the tropics accentuated this realization. Life is so vibrant and colorful, any big box store pales in comparison. Wonder is unleashed in this warm, exotic universe.



TRAVEL

Escape Winter Blues with These Sizzling Getaways

By *Cynika Drake*

St. Barth's

If money is no object and you're looking for an exclusive getaway void of crowds, where labels such as Chanel, Christian Louboutin, and Tom Ford are more of a requirement than an option, then a trip to St. Barth's should be on the top of your list. Two of my personal favorites are Hotel Le Toiny, a five-star luxury villa resort and Hotel Saint-Barth Isle de France, a five-star boutique hotel. I had the pleasure of staying at both properties while in St. Barth's, each luxurious, while offering a completely different experience for the discerning traveler. Let's begin with Hotel Saint-Barth Isle de France—an amazing property located directly on the beach, with rooms, suites, and villas. The suites and villas are quite spacious (many with private pools). The largest villa is located directly on the beach with an infinity pool. I stayed in a quaint cottage-style room, with a terrace and lovely garden views. Each morning I woke up to find that the butler had placed my breakfast on the terrace. He was so efficient I never saw him, but breakfast always arrived at my requested time. I would highly recommend this property for a girl's getaway or a couple looking to spend time together. Up next is Hotel Le Toiny. This beautiful all villa resort is perched high above the ocean, providing spectacular panoramic views. I stayed in a spacious one-bedroom villa, with a sizeable living space, kitchen, and separate bedroom (not to mention, the expansive outdoor space, private pool, and daily butler service for breakfast). I loved having breakfast waiting for me each morning when I woke. I highly recommend Le Toiny for couples seeking privacy on their honeymoon or simply looking to reconnect. Beautiful beaches, sizzling nightlife, and delicious restau-



From top clockwise, Westin Resort and Spa, Cabo San Lucas; Iberostar Rose Hall Suites, Jamaica; Hotel Le Toiny Hotel, St. Barth's; and Isle de France, St. Barth's

rants await at this exclusive vacation destination.

Cabo San Lucas

One of my favorite places to travel when I lived in Los Angeles was Cabo San Lucas, Mexico. It's a short two-and-a-half hour flight from LA (though further now coming from NYC). Nonetheless, it's a beautiful place with expansive and pristine beachfront hotels. One of my favorite hotels in Cabo is the Westin Resort & Spa, Los Cabos, located along the corridor (an 18-mile-long winding road consisting of some of the most luxurious beachfront hotels in Cabo). Upon pulling up at this larger than life property, one can't help but be amazed

by the building's stunning architectural design. Some consider this resort to be a golfer's dream destination, since it's near six world class golf courses. Now, if you are looking for nightlife, that can be found about 30 minutes away in downtown Cabo; where Casa Dorada Resort & Spa is located (another one of my favorites). This is the perfect hotel if you are looking for luxurious accommodations, but still want to be close to the action. This luxurious property sits on Medano beach, which is one of the only swimmable beaches in Cabo. When

I stayed here I had an amazing one-bedroom suite with panoramic ocean views from the bedroom, and a nice-sized terrace off the living room, with resort and beach views. I could wake up to those views everyday!

Montego Bay

I must admit, I have never been a fan of the so-called "all-inclusive resort." However, my stay at the Iberostar Rose Hall Suites changed my opinion. This beautiful five-star all-inclusive resort boasts:

six restaurants from casual to more formal, a cigar bar, 24-hour room service, a fully-stocked in-room mini bar (restocked daily), plus top shelf liquor options throughout the resort. The hotel is located directly on the beach, has beautiful, well-maintained grounds with a lazy river, infinity pool, and water park for the kids. Between relaxing on my expansive terrace overlooking the resort to lounging poolside,

I never wanted for anything. This property embodies what an all-inclusive hotel should be. I can't wait to return.

These are just a few of the many hotels and destinations I have had the opportunity to visit over the years. Stay tuned for many more fabulous places around the world.

Cynika Drake is a seasoned event planner and travel concierge. Ms. Drake founded Lavish Lifestyles Concierge (www.lavishlifestylesla.com) in 2007 in Los Angeles and has since expanded and relocated to Harlem. Lavish Lifestyles Concierge specializes in planning and arranging memorable events, in addition to securing luxurious hotel accommodations worldwide for less. Ms. Drake firmly believes her company helps increase one's quality of life by alleviating some of the stress and anxiety associated with planning events or perfecting a special getaway with a loved one or group of friends.

Break On Through to the Other Side

Climate Change and Navigating the Northwest Passage

By Austin Arrington

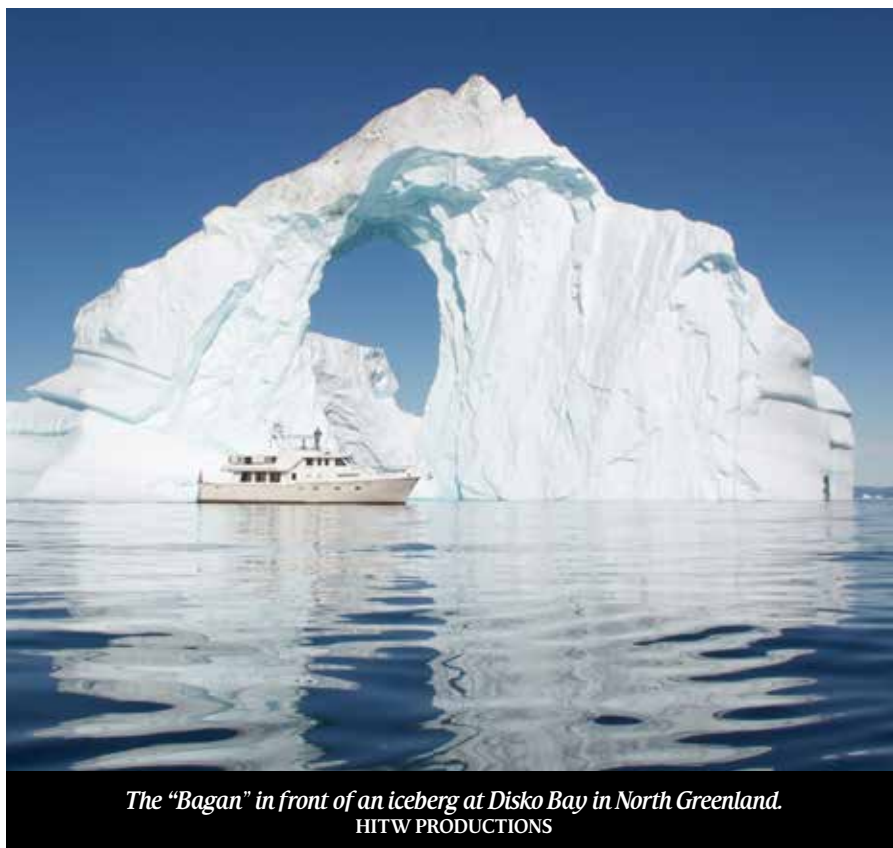
The Northwest Passage refers to a sea route connecting the Atlantic and Pacific Oceans. It runs along the northern coast of North America and through a series of waterways in the Canadian Arctic Archipelago. The Passage has long been a holy grail to sea-faring adventurers, and has been sought as a possible trade route by marine shippers. Norwegian polar explorer Roald Amundsen first navigated the Passage in 1903 to 1906 (Amundsen was also the first to lead a group to the South Pole in 1911, during the Antarctic expedition).

Since Amundsen successfully navigated the Passage in 1906, only 24 pleasure crafts have followed suite. More people have been into space than have navigated the Passage. In 2009, two-time Emmy Award winning documentarian and professional sailor Sprague Theobald decided to traverse the Passage, with the intent of making a documentary film about the impact of climate change.

Theobald left his home in Newport, Rhode Island for a 8,500-mile journey in his 57-foot trawler, *Bagan*, through the Passage, around Alaska, and finally to Seattle—facing potential death, dangerous ice floes, polar bears, Arctic storms, and oh yeah, quite possibly the scariest of them all; family. Theobald's son and stepchildren, estranged from an ugly divorce 15 years earlier, reunited for the trek. Old wounds were dredged up and tensions grew in the hostile, ice-ridden environment. The crew nearly died at one point; getting caught in packed ice that was being driven to a rocky shore. Ultimately though, as is chronicled in the film and book by the same name, *The Other Side of the Ice*—the trip is a story of redemption. The family



TRAVEL



The "Bagan" in front of an iceberg at Disko Bay in North Greenland.
HITW PRODUCTIONS

is brought closer together and seems to reach a point of closure, by facing adversity and near-death together.

A major factor that pushed Theobald to traverse the passage and document his journey was the lack of media coverage on climate change. Climate change is melting Arctic sea ice at an alarming rate (the Arctic in general has been referred to as "global warming's canary in the coal mine"). Average temperatures in the Arctic region are rising at a rate twice as fast as anywhere else in the world. With the contraction of the Arctic ice cap, Earth is absorbing more sunlight and is getting hotter. This warming has had a massive impact on Arctic ecosystems, most notably by shrinking the habitat available to polar bears. Another example is the spruce bark beetle, which because of warmer weather are now breeding at an accelerated rate, consuming millions of acres of Alaskan forest. Of course, nearly all ecosystems and the organisms that comprise them are being impacted in some way by climate change—humans are no exception. With sea level rise caused by the melting ice caps, the risk of catastrophes occurring like Typhoon

ice flows from the Queen Elizabeth Islands, clogging up the Northwest Passage). While the pathway has opened up because of global warming, it is now riddled with perilous multiyear ice chunks. Multiyear ice occurs when ice that should melt the summer after it's frozen doesn't melt, becoming thicker the following winter. These bergs are capable of slicing through a ship like a knife through butter—so it's an understatement to say that it was not smooth sailing for the Theobald crew.

Some people might ask, "What was this guy thinking, taking his children on such a dangerous trip?" However, his kids are adults who also know their way around a boat. They made their own choices to go on the journey. That fact didn't stop Theobald from having some serious doubts and possibly feelings of guilt about the trip. "When we were caught in that ice trap for three days, and we were slowly being pushed toward the rockbound coast, that's when the headline in my mind changed from, 'Father Takes Kids on Incredible Voyage' to 'Father Leads Children to Their Deaths.' And that was about three days of thinking that," Theobald said.

While Theobald had a broad goal of documenting the affect of climate change on the Passage, the story of *The Other Side of the Ice* is really more of a personal one. When faced with something as bad as the ice trap, Theobald invokes a "higher power," a term he picked up from A.A. This period at the brink of death seems like the darkest point in the crew's journey; while also the point at which they were the closest together—collectively realizing the transcendent bond that is family.

The unspoken connection between documenting climate change, the perilous adventure of the Northwest Passage, and the personal stories that make up the voyage seems to me to be this: often times the truth is not pretty; it hurts, and it's probably easier to gloss over it. But ultimately, it's better to know the truth, even if it is a difficult one to swallow—for without the truth, we can never grow.

Haiyan in the Phillipines is likely to increase. A report by the National Oceanic and Atmospheric Administration, "Explaining Extreme Events of 2012 from a Climate Change Perspective," claims that "climate-change related increases in sea level have nearly doubled today's annual probability of a Sandy level flood recurrence as compared to 1950."

"I thought, 'There is definitely something going on with climate change, there's no doubt about that.' But none of mainstream media sent anybody up through the Passage to document the evidence up there. And I thought that it was really important to get there and get a perspective on it," Theobald said. One statement from locals that made an impression on Theobald while passing through Cambridge Bay, Canada, was that it was the first time they had encountered slush.

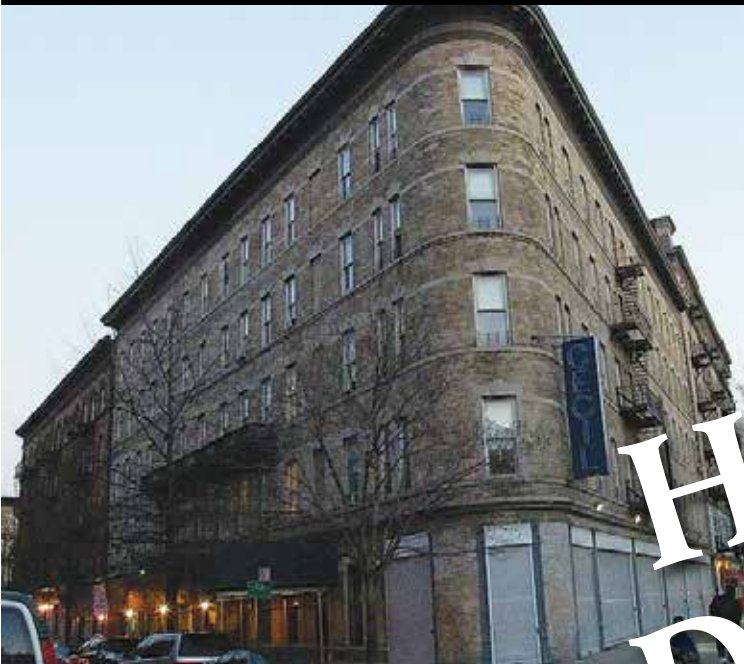
The fact that Arctic sea ice is shrinking by ten percent per decade, would make it seem like the Passage has become more navigable in recent years. However, it's important to note that the Canadian Arctic has a distinct ice regime than that of the Arctic Ocean (multiyear



A Harlem street view



A view of the George Washington Bridge from Harlem



Minton's Playhouse



The legendary Apollo Theater



Statue of Adam Clayton Powell



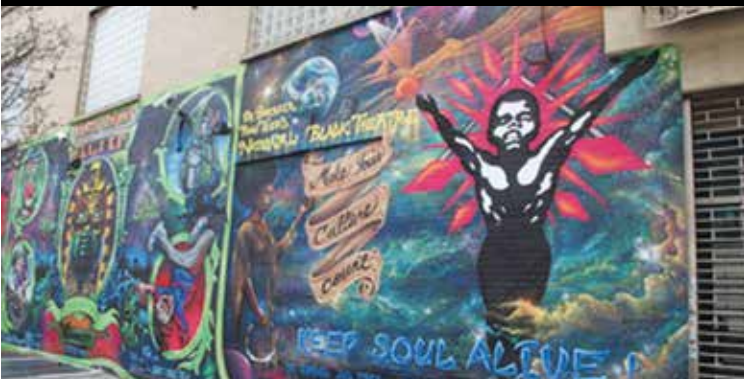
Abyssinian Baptist Church



The main street of Harlem, W. 125th Street



Schomburg Research Center for Black Culture



A mural on the Walking TOur of Harlem.



A typical building in Harlem



Harlem brownstones

The Historical Legacy of Harlem

The Heart of New York Tourism

*Atelston Fitzgerald
Holder 1st*

New York City has always been the pinnacle of tourist attractions. The neon flashing lights of Times Square, its midnight ambience and uncanny social aura, have always attracted tourists from all over the world. Here is a mere introduction to the many attractions that New York City hosts: the Statue of Liberty, Metropolitan Museum of Art, Bronx Zoo, Brooklyn Bridge, Empire State Building, Staten Island Ferry, Central Park, Prospect Park, Lincoln Center, Coney Island, and the 9/11 Memorial.

Harlem is the largest district in the northern part of Manhattan. Its rich historical cadence stems back to The Harlem Renaissance or New Negro Movement of the 1920s. This cultural revolution spawned a creative outburst of literature and ethnic identity, fostering urban expression after centuries of slavery and the struggle for abolition. The parallel between the Renaissance and jazz was an inadvertent and complex way of dealing with a subordinated status.

Harlem is the Mecca for jazz enthusiasts. The National Jazz Museum is a multimedia interactive exhibition that preserves jazz artifacts, features performances, and runs multiple music workshops. Stop by the Showman's Jazz Club and Minton's Playhouse to experience a spiritual rebirth, while immersing yourself in the residual voices of legends such as Duke Ellington, Ella Fitzgerald, and John Coltrane. The iconic theaters, monumental jazz clubs, and musically vibrant neighborhoods all encapsulate swing jazz, rap, hip-hop churches, and poetry.

Another prestigious element is the Abyssinian Baptist Church: the crux of religious and spiritual traditions that played a significant role in the Harlem Renaissance; the crowned-jewel of churches. Strict attire is an enforced rule with no exceptions, as it is deemed a temple for sacred ceremony and not

a gospel concert. You can choose to stream an online version, which is more convenient, but not remotely close to the actual experience.

Decades of tandem movie classics like *Shaft*, *Jungle Fever*, and *New Jack City* have perpetuated images of the city's isolated ghetto-slums, segregation, and urban inhabitants, ironically adding to Harlem's iconic status worldwide.

There are many exquisite homes in several districts: the Hamilton Grange area, Strivers Row, and the Mount Morris district (or venture down to the immaculate Shepard Hall and Harris Hall).

Harlem's cultural dichotomy is the epitome of diversity and tourist attraction. The Apollo Theatre is one of the prominent signatures of Harlem, and has attributed to the debut of legendary stars such as Michael Jackson, Ella Fitzgerald, Luther Vandross, James Brown, and Lauren Hill. The Apollo is a premier arena for emerging urban performers and a historic landmark that continues its tradition.

Schomburg Research Center for Black Culture is part of the New York Public Library. It is a research institution devoted to collecting and preserving Black culture, while providing access to resources, documents, and the history and experiences of African descent. It is a leading global attraction and repository with exhibitions, concerts, seminars, and academic programs.

The Studio Museum in Harlem is similar, in that it is devoted to the preservation and promotion of preceding and contemporary African arts. The Studio Museum is a myriad of exhibitions on historical literatures, sculptures, photographs, paintings, and performance art. There is also the African American Wax Museum and the Black Fashion Museum. Trickling on the surface of these historical landmarks pales in comparison to the euphoria of an actual experience.

Harlem's rich cultural influence has permeated the internet by storm, with

the viral sensation debut of "The Harlem Shake" (an uncoordinated display of intermittent flailing and wiggling that can be equated to children's show Yo Gabba Gabba!). The global spanning of this internet-meme has spiraled an unprecedented chain of parody and imitations. Although the contemporary version has diverged, its historical inception precedes back to the '80s in Harlem's Rucker Park.

I spoke to Mr. Lloyd A Williams, who is the President and CEO of the Greater Harlem Chamber of Commerce, a local Board of Trade in the Upper Manhattan area. Williams is also a member of the Board of Directors at NYC & Company, the city's official tourism and marketing organization. He is also the Co-Founder of Harlem Week, Inc. a not-for-profit corporation that promotes the enhancement of continued growth in Harlem's development, fostering annual events in live music, arts and crafts, storytelling, gospel, children's festivals, etc. Here's a link to a list of their key events for 2014: <http://harlem-week.com/calendar-of-events>.

These organizations uplift the city's exuberance, by curating and showcasing the cultural essence of Harlem and surrounding areas. Venture to the Upper Manhattan Auto Show, or the Fashion Fusion Showcase might interest your peculiar taste. Take part in Abyssinian's Gospel Celebration. Unleash serotonin and dopamine by joining in the Percy Sutton Harlem 5k Run / "Anti-Gun Violence" Walk. If extracurricular activity is not your forte, participate in Senior Citizens Day or enjoy the Expo & Farmers Market.

Take the uptown A, C, 2 or 3 train and enjoy the panhandlers and buskers improvising between isles, or the gymnastics of street-performers swirling on the train bars and poles, a-cappella groups, and an eccentric theologian preaching Armageddon. Exit the train and embrace the violinist on the platform, or the virtuoso pianist playing Beethoven's 9th Symphony. Above the escalator awaits a myriad of rappers hustling their mix tapes.

The culture of the raw streets are unedited: the trickster pseudo-monk hustling mediocre ornaments in exchange for donations, the non-English speaker using devious schemes to swindle donations, or the honest homeless guy waving a facetious sign, "Need money to buy weed." You can escape this culture shock on a Citi Bike, a newly implemented bike sharing system. Citi Bike is in place to reduce CO2 emissions and transit congestion. Get on a vintage horse and carriage ride, or enjoy a Pedicab, "chauffeur galore." Yellow Cabs are pervasively convenient if all else fails.

An uptown walk through Central Park to the Harlem District is filled with joggers, bike-riders, the artist drawing a surrealistic skyline view of the sun setting behind the towering skyscrapers, the professor deep in abstract thoughts while feeding the pigeons, family picnics, a musician practicing in solitude, and a patrolling cop on his Segway. Don't forget to eat at Famous Eddie's Hotdogs, or let Patsy's Pizzeria in East Harlem marinate your evening. Take a minute and enjoy an uptown New York moment.

The five boroughs were consolidated into a city in 1898, but Harlem's soul remains in stark contrast; historically, culturally, and artistically. It is a place where world-famous landmarks, cultural movements, prolific artists, and African American influences bear the intrinsic soul of a thousand tales. It is a diverse mixing-pot of Jewish people, Italians, Irish, Latinos, and Blacks. So throttle up to the North Manhattan area in the Harlem district and let this resounding history become an integral part of your traveling experience. It is a district that has impacted and forever altered the landscape of American culture.

Atelston Fitzgerald Holder 1st, journalist, writer & comedian, Mr Pregnant Production, lecturer on linguistics & humor can be reached at www.mrpregnant.com.



Heather Groll - Public Affairs Office

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April 10, 2014

OGS ANNOUNCES UPCOMING CONSTRUCTION AND CONSULTING OPPORTUNITIES

CONSTRUCTION OPPORTUNITIES

RoAnn M. Destito, New York State Office of General Services Commissioner today announced bidding for twelve construction contracts listed below by county.

Firms interested in additional information or to acquire bid documents should visit the OGS website at <http://www.ogs.ny.gov> and click on the Design & Construction link or call 1-877-OGS-PLAN (1-877-647-7526) or 518-474-0203.

ALBANY COUNTY

CONSTRUCTION WORK:

Contract No.

44785-C

Description

Construct 2500 Ton Salt Storage Building

Location

Region 1 Latham - Latham, NY

Bid Date

5/7/2014

Estimate

\$250,000 - \$500,000

ELECTRICAL WORK:

Contract No.

44785-E

Description

Construct 2500 Ton Salt Storage Building

Location

Region 1 Latham - Latham, NY

Bid Date

5/7/2014

Estimate

\$25,000 - \$50,000

CHAUTAUQUA COUNTY

CONSTRUCTION WORK:

Contract No.

44674-C

Description

Rehabilitate Kitchen, Building No. 12

Location

Lakeview CF - Brocton, NY

Bid Date

5/7/2014

Estimate

\$500,000 - \$1,000,000

ELECTRICAL WORK:

Contract No.

44674-E

Description

Rehabilitate Kitchen, Building No. 12

Location

Lakeview CF - Brocton, NY

Bid Date

5/7/2014

Estimate

\$100,000 - \$250,000

HVAC WORK:

Contract No.

44674-H

Description

Rehabilitate Kitchen, Building No. 12

Location

Lakeview CF - Brocton, NY

Bid Date

5/7/2014

Estimate

\$100,000 - \$250,000

PLUMBING WORK:

Contract No.

44674-P

Description

Rehabilitate Kitchen, Building No. 12

Location

Lakeview CF - Brocton, NY

Bid Date

5/7/2014

Estimate

\$50,000 - \$100,000

CHEMUNG COUNTY

CONSTRUCTION WORK:

Contract No.

44493-C

Description

Replace Tile Floor, Kitchen Area, Bldg. 12

Location

Southport CF - Pine City, NY

Bid Date

5/14/2014

Estimate

\$500,000 - \$1,000,000

ELECTRICAL WORK:

Contract No.

44493-E

Description

Replace Tile Floor, Kitchen Area, Bldg. 12

Location

Southport CF - Pine City, NY

Bid Date

5/14/2014

Estimate

\$100,000 - \$250,000

HVAC WORK:

Contract No.

44493-H

Description

Replace Tile Floor, Kitchen Area, Bldg. 12

Location

Southport CF - Pine City, NY

Bid Date

5/14/2014

Estimate

\$25,000 - \$50,000

PLUMBING WORK:

Contract No.

44493-P

Description

Replace Tile Floor, Kitchen Area, Bldg. 12

Location

Southport CF - Pine City, NY

Bid Date

5/14/2014

Estimate

\$25,000 - \$50,000

MADISON COUNTY

CONSTRUCTION WORK:

Contract No.

44635-C

Description

Remediate Firing Range

Location

Camp Georgetown - Georgetown, NY

Bid Date

5/14/2014

Estimate

\$100,000 - \$250,000

ONONDAGA COUNTY

ELECTRICAL WORK:

Contract No.

44611-E

Description

Provide Personal Alarm Systems, Fire protection improvements and Asbestos Containing Material Abatement, Various Buildings

Location

Hutchings PC - Syracuse, NY

Bid Date

5/7/2014

Estimate

\$500,000 - \$1,000,000

CONSULTING OPPORTUNITIES

The OGS Design and Construction Group provides services to state agencies including architectural and engineering design, land surveying, construction management, hazardous materials sampling, and materials testing. The following consulting opportunities are being procured from qualified firms as noted below.

Firms interested in additional information should download project documents from the OGS website at <http://www.ogs.ny.gov> and click on the links Design & Construction and then Consultant Opportunities or call 518-474-0306.

Project No.

SA427

Description

Security Design Services - Term Contract

Location

Various Facilities Statewide

Submission Date

4/29/2014

The Office of General Services requires the participation of minority and women-owned businesses in its procurement and construction programs and requires that minority and women-owned business enterprises (M/WBEs) and minority and women employees be given the opportunity to participate. Additional information about OGS construction and consulting opportunities is available on the OGS website at www.ogs.ny.gov under the Empire State Builder Newsletter link. The Empire State Builder Newsletter is the Design and Construction Group's public information service. It provides information on construction and consultant contract bidding opportunities, including: construction plans and specifications currently available for purchase; consultant procurement documents available for downloading; a listing of plan purchasers for contracts to be bid or procured; a listing of interested subcontractors, suppliers, and sub-consultants,

The 2nd Annual “Elegant for Prom” with Harlem Haberdashery

By Shea Zephir

Prom and graduation are the most important events of any teenage life. It is that crucial time when adolescents shine and express their creativity, all the while being praised for their individuality and intelligence. But for so many hardworking families, single parent households, and low-income residents these events come with expensive sacrifices for children and loved ones. I'm sure you can drift back to your own personal prom experience of pleading for that perfect dress or tuxedo that you just had to have. Not only can I attest to that awesome experience, I can also affirm that these important events should be fun and memorable for all teens, no matter what your financial status is. The Harlem Haberdashery family and friends decided to expand on the idea of fashion and community service, creating “Elegant for Prom.”



FASHION

Harlem Haberdashery kicked off its annual “Elegant for Prom” reception a few weeks ago at their flagship store on Lenox Ave. Hosted by A Distinguished Gentleman's Movement, Inc., the purpose of the annual donation event is to encourage neighbors, stylists, fashion editors, and savvy fashionistas to donate their trendy, gently used and cleaned prom or graduation worthy garments and accessories for graduating high school students selected by Black Women for Black Girls and The Star Boutique. A little rain could not stop guests from stopping by and mingling, while dropping off their garments and discussing the importance of investing in youth. There is an undeniable feeling of welcome and bold style, experienced the moment you step in to the bespoke-

themed boutique (filled with vintage décor and family photos that transcend your imagination of what old Harlem used to feel like). Harlem Haberdashery has a special niche of merging the intimacy of family and luxury fashion into one setting that keeps clients coming back time after time. It's very easy to get lost in the custom designs of Harlem Haberdashery's wide variety of men's garments and womenswear. From bold statement crewneck sweats and fitted caps to African prints dresses and accessories—this is just the tip of the iceberg of the boutiques exclusive garments and accessories. If you ever thought of Harlem as not being sophisticated, think again and stop by Harlem Haberdashery. Get lost in trendy fashion, Harlem's history, and lifestyle.

Harlem Haberdashery is the retail expression of 5001 FLAVORS, a custom-made apparel company creating looks for celebrities, recording artists, and sports stars for over 20 years. Our uptown boutique, Harlem Haberdashery draws inspiration from the rich cultural his-



Harlem Haberdashery



The Harlem Haberdashery family

tory and distinctive style of the Harlem Renaissance, while adding a future-forward edge to our exclusive designs. The result is a classic silhouette set off by our definitive expression of today's fashion. So, stop by and donate your stylish threads while checking out some new exclusive trends. Stay tuned for the video revealing the lucky high school guy and gal chosen for their “Elegant for Prom” makeover, featured exclusively next month at www.theharlemtimes.com.

Donations will be accepted from March 29—Tuesday, April 29 with a on-site distribution to graduating high school students selected by Black Women For Black Girls and The Star Boutique. All donations are tax deductible through our nonprofit partners, and tax receipts

will be mailed upon request. We want to collect new, gently used and cleaned prom and/or graduation items including: Accessories (scarves, brooches, sunglasses, evening handbags, etc.) Shoes (wingtips, heels, flats, etc.) Evening wear (cocktails dresses, gowns, especially plus size for ladies) Evening wear (tuxedo, spring/summer suits, etc.)

Donations will be accepted at: Harlem Haberdashery 245 Lenox Avenue (bet. 122 and 123rd Street) New York, NY 10027, 646-707-0070. info@harlemhaberdashery.com. Boutique hours: Monday - Saturday, 11:30am - 7:30pm, Sunday, 11am - 8pm.

Shea Zephir can be reached at www.sheazephir.com or @sheazephir.

UNSUNG HERO & VISIONARY

Carole Ann Taylor Sun, Sand and Success

By Nayaba Arinde

If Carole Ann Taylor was sitting in any one of the nice restaurants featured on her Miami-diverse, heritage-culture-centered www.CulturesToGo.com, she might perhaps sip an exotic juice drink, pondering her impact on politics, entertainment, and hospitality from New York to Florida.

"Travel and hospitality is what I know and I love," Taylor tells Harlem Times.

Thinking of how to expand and promote travel and tourism wakes her up in the morning and keeps her going throughout the day. And then there is the ever-present prospect of pushing Black business. "Come and do business here in Miami, opportunity is ever where," she glows.

Hers is an inspiring story.

In a time of digital everything, Ms. Taylor brings new meaning to one-on-one people-centered interaction.

This effervescent lady has been in the travel, duty free, and culture retail business since the founding of her family owned business 27 years ago.

Her specialty destination stores include Little Havana To Go, Little Havana's official gift and tour bus stop in Little Havana, and Miami To Go, Miami Gifts To Go and Little Havana To Go at Miami International Airport.

Even though there's still only 24 hours in the day, there's more to her endeavors.

Taylor lives for the opportunity to expand Black business enterprise in Miami. Whether it is retail or hospitality-related services and resources, she is always discovering, connecting, and expanding.



Carole Ann Taylor

Whereas Miami is known around the world for sun, sand, and nightclubs, Ms. Taylor tries to give new platforms to new artists and designers.

"We are trying to change that image that it is not just sun and sand. Why not go to a little restaurant after work in Overtown? Why not go and listen to some live music in Little Haiti? We are working from the outside in and the inside out. It is very near and dear to me."

She is a partner and president of the online culture retail website www.CulturesToGo.com, featuring culture artists, artisans, designers, jewelers and manufacturers. Ms Taylor is a former partner in duty free at Miami International Airport and owner of Bayside To Go at Bayside Marketplace and Miami To Go The Caribbean Collection in downtown Miami.

While the hospitality business is in her blood, her blood memory also recalls

her uber successful careers at the U.S. Small Business Administration in Washington, D.C., Office of the Governor of New York State, and the City of Miami's Mayor's office.

She enjoyed her time working as a certified mediator/arbitrator by the Institute for Mediation and Conflict Resolution in New York and served as a Mediator/Arbitrator with the American Arbitration Association.

A former jazz singer and entertainer, Ms. Taylor speaks fondly of her time singing with Duke Ellington.

As for her political career. Among the many hats she has worn; Taylor is a founding member of the National Women's Political Caucus, a founding member of the National Coalition of 100 Black Women, and the Miami Coalition of 100 Black Women.

Family is extremely important to Ms. Taylor. Her granddaughter is named Carlyn Harlem Mixon.

Ms. Taylor works with her son Jaesyn Taylor Mixon, who is partner and manager of Little Havana To Go.

Ms. Taylor resume reads like an expressive business manual.

Committed to volunteerism, for example Ms. Taylor serves on the Board of Directors of publicly traded Perfumania Holdings and is a member of the Executive Committee of the Greater Miami Convention & Visitors Bureau, and Black Hospitality Initiative.

She is a multiple award-winning businesswoman who has received many tributes.

Her company, Miami To Go, Inc., was

named one of the 2011 Top 50 Women Led Businesses in Florida by The Commonwealth Institute and the University of Miami. She was a recipient of the 2011 Pillar Award by Miami Dade County's Office of Black Affairs.

Born and raised in New York, her pastor father once the minster led the famed Union Baptist Church had the family in such places as Harlem, the Bronx, Yonkers, Peekskill and Schenectady.

She went to Oberlin College in Ohio, but left briefly when her parents could no longer afford the HBCU. She delved into singing, came second place in the Black Shriners national talent competition, and went back to college. Meanwhile her singing got her noticed by one Duke Ellington who asked her to sing for him. She did. "I don't want him — you can have him," by Nina Simone in fact. The Duke said. "Call me when you graduate," although she didn't. Thinking it was just one of those show business throwaway lines, she moved on and ended up working as a research assistant for Governor Nelson Rockefeller, working under Evelyn Cunningham. As it so happened, Duke Ellington went to do a concert in Albany. Ms. Taylor went backstage said he said, "I thought I told you to call me when you graduated."

"He remembered me," she says, and reveals how he took her under his wing,

and performed throughout the United States and Caribbean with Lionel Hampton, Danny Mixon, and Buddy Tate among others

While she tells that she never did sign the five-year contract he offered her, she went back to work for Rockefeller in the New York office on 55th street.

Pregnant with child to musician Danny Mixon — Ms. Taylor took a class on mediation and conflict resolution with Basil Patterson. Graduating the day her son was born, as a trained arbitrator she and her family traveled all over bringing resolution to husband and wife; land lord and tenant, and community disputes. "The money was great, and I enjoyed it."

Working as a loan officer for disasters, Ms. Taylor is proud of the help she was able to bring in big incidents such as tornados, hurricanes, and the 1979 blackout in New York. In 1980 she was sent to Miami during the riots by the U.S. Small Business Administration. Taylor said she made sure that 50 percent of all the loans went to "minority" businesses.

"I decided to stay in Miami," she says. "I saw diversity. I saw Cuban and Haitian immigrants coming in, but there were no Black businesses. I thought 'This is a gold mine.'"

Her other love was calling though and

"I went back to what I know — politics. I volunteered on the campaign of mayoral candidate Maurice Ferré."

Always one to multi-task with a vengeance she went onto open a gift shop in Bayside in 1987, and a Cuban store near Domino Park in Little Havana 2000.

"I noticed that there were so many tourists coming through but there was nothing for them to buy as a souvenir."

In 1994 she became a partner in duty free store, which after much sweat equity became four in Miami airport one in Little Havana. Her stores and websites highlight the work of Caribbean and African American artists and designers. "My son and I work together. It is a family business and we enjoy what we are doing. We are totally blessed."

As for politics, it is her other love. She says she ran for city commissioner, but also "helped Shirley Chisholm when she ran for office. I am a founding member of the National Women's Political Caucus, and was its first National Co-Chair and chaired the historic 1st National Women's Political Caucus convention in Houston, Texas. I worked with women like Myrlie Evers, Fannie Lou Hamer, and Gloria Steinam."

She is a happy spirit.

"I grew up with a lot of strong faith, and

I never saw nothing that I thought I couldn't do. Never once."

Paying it forward is just what she does...

"I spend a lot of time in volunteer organizations, and helping many young entrepreneurs. I have a lot of initiatives to help other African Americans enter the hospitality business. Forty million people went to Miami airport last year. That is retail, restaurants....if their were more Black businesses imagine what that would do for our communities in Little Havana and Little Haiti."

The business of heritage is major, she says. "It's a gold mine."

But...

"In Miami there are no places for Black businesses to congregate, or some where to encourage young Black professionals to find their niche and grow. I try and connect them to people who can help them to grow all the time.

Asked about the purported boycott of Florida in the wake of the acquittal of George Zimmerman in the slaying of Trayvon Martin, Ms. Taylor says, "It wouldn't affect the Black businesses because there aren't that many there."

She says there just are not enough flourishing Black businesses in Miami.

"There are no major restaurants, no Black nightclubs, one Black bank, one insurance company, and few very great Black concierges; the head of the Four Seasons, and the head of Carnival Cruise Line — but there is no connection. I feel like a big fish in big pond. I can count on one hand Black businesses. That's why we are pushing heritage neighborhoods like Little Haiti and Overtown."

Proudly she declares that her god-mother and mentor was the late, great Evelyn Cunningham; the one time WLIB radio host, managing/editor for The Pittsburgh Courier, and special assistant to Governor Nelson Rockefeller.

"She raised me," she smiles, "Between my parents and Evelyn what could go wrong?!"



Little Havana To Go

Miami's tour bus stop in Little Havana, Little Havana To Go is a Culture-themed souvenir and gift store with an array of T-shirts, arts and crafts, jewelry and accessories, music and fine cigars. The additional location is in Miami International Airport's South Terminal.

Little Havana To Go
1442 SW 8th St.
Miami, FL 33135
305/857-9720
www.littlehavanatogo.com



Miami Gifts To Go

The ultimate regional gift and souvenir store with two locations inside the airport. T-shirts, souvenirs, gifts and accessories, fine cigars, tropical Florida wines, toys, great music, handicrafts and more are available for every price range.

Miami Gifts to Go
Miami International Airport
American Airlines
North Terminal
Gate D21
305/876-7214



Miami To Go

A "Miami-themed" souvenir and gift store, located at Miami International Airport, filled with an array of jewelry, souvenirs, gifts, candy and T-shirts. The perfect shop for all your last minute gifts.

Miami To Go
Miami International Airport
American Airlines
South Terminal
Concourse H
(across from Food Court)
305/869-4241

Miami Gifts to Go
Miami International Airport
South Terminal
Concourse H
(across from Food Court)
305/869-4241

Miami To Go
Miami International Airport
American Airlines
North Terminal
Gate D41
305/876-0963

Harlem's Real Estate Boom & REBNY

By *Cynika Drake & Kristin Collins Jackson*

Walking through Harlem one can't help but to notice new construction along Fredrick Douglass Blvd., tree-lined side streets from 110th street to the 150's, and Lenox Blvd. Condos, co-ops and townhomes are now a hot commodity in Harlem.

The weekend of April 5th & 6th, Corner Social restaurant located along Lenox Blvd at 126th Street, played host to "Harlem Open House Open Heart Expo" presented by the Real Estate Board of New York (REBNY), Upper Manhattan Committee and sponsored by Chase Bank. REBNY encouraged those that attended to make contributions to the Mayor's Fund for victims of the 116th Street East Harlem explosion. The directory that was distributed contained tour information of the participating listings/brokers, a map, and listings of local venues.

The Corner Social restaurant was filled to the brim with real estate brokers and buyers were all abuzz. REBNY has over 15,000 agents and over 10,000 listings daily. The event was open to the public and was a great opportunity for all to meet brokers and see their listings covering East, West, Central Harlem and Hamilton Heights. Attendees enjoyed a continental breakfast while mingling, and participating in on-camera interviews by The Harlem Times. One middle-aged gentleman, was excited about the idea of bringing his family from India to live near his daughter who now resides in Harlem. Another younger buyer was curious and interested in more square footage for the dollar.

Following the meet and greet, attendees visited the neighborhood, engaging in walking tours to view various properties ranging from co-ops in the mid \$200,000's to townhouses as high as \$3.8 million. The first residence we visited set the tone for many breathtaking homes we would end up visiting throughout the day selling for \$3.4 million at 2069 Fifth Avenue. Built in the 1920's, equipped with a fireplace and stunning interior decor, this 3-family home currently houses the landlord in the first unit, with an additional 2 units on the 2nd and 3rd floor, each occupied by families. A stunning backyard

equipped with cobblestone, sculptures of lions' heads, and magnificent greenery mixed with the lilac attempting to bloom now that the cold has subsided, caught quite a few eyes from buyers, in addition to the original oak decor on the exterior. Gabrielle Everett, of Douglas Elliman Properties, admits their biggest challenge is having a low inventory in the market and a high demand. Everett states that this is the lowest inventory NYC has seen in about 12 years and possibly 6 years for Harlem alone.

Jeff Goodman, a Gold Circle Winning Real Estate Agent from Halstead Property, LLC at 408 Columbus Avenue, quickly became our very own "go-to real estate guru" as he filled us in on the tenor of the current market. Jeff's eyes twinkled while he shared, "It's the high ceilings and the lofty spaciousness of the rooms that's so classic to Harlem properties, that lends itself to the saleability of (his) listings!" Jeff beamed, as he showed us what had to be one of the hottest properties we've managed to see, as he danced across the rooftop with outstretched arms as if he could touch the sky! Jeff gushed, "This glorious listing will probably be snatched off the market before you may know what hit you," while it has full accessibility to the "cruise-like sun deck designed rooftop," at 261 West 112th Street, Harlem, USA!

I had the opportunity to speak with various real estate agents, brokers, and potential buyers and I must say I felt an air of excitement for what's here and for what's to come. I also toured an amazing 3-story townhouse with original crown moldings, modern appliances and ensuite bathrooms. I was very impressed by the space and layout especially when viewing many of these townhomes from the street.

With the housing boom comes restaurants. Harlem now has a restaurant to fit the most discerning palate from Asian to vegetarian to French and Italian to everything in between.

I look forward to watching Harlem continue to grow as a neighborhood. It's definitely becoming a sizzling day and night destination!

Stay tuned while we continue to peel back the layers of some these historical finds on the market while we take this journey. I can barely wait to see just what else folks like Jeff may have in store for us next time.



REBNY: Open House Open Hearts Expo sponsored by Chase Bank.



POLISHED

FingerTips Nail Spa

By Veronica Tucker

POLISHED FingerTips Nail Spa is an upscale day spa that provides its customers with a unique pampering experience — one highlighted by an aromatherapeutic ambiance with attention to detail and the soul of world music. This indulgent spa atmosphere caters to the residents of Harlem and the influx of new homeowners who continue to revitalize this vibrant community.

POLISHED FingerTips emerged on April 21, 2010 as a newly established business located in the heart of Harlem's most gentrified neighborhood. It will soon celebrate its fourth year opening (in a now a highly-trafficked thoroughfare of pedestrians, which did not previously exist on Fredrick Douglass Blvd). This Boulevard now boasts several new small businesses in and around the area, with chic establishments launched within the past few years, and several new ones in the making.

Their mission is focused on comfort for customers, in an atmosphere that

exudes relaxation, serenity, and professionalism. "We strive to create a tranquil oasis amid the stressful, fast-paced environment found just outside our doors. Understanding of the pressures of the world outside, we are mindful and supportive of the overall spa experience" says owner Vie Wilson.

Products — from a homemade lemon-grass sugar scrub to the natural essential oils incorporated in the creams and lotions, and other healing remedies for the fingers, toes, and overall body. The atmosphere is filled with a delightful essence, and wonderful, non-intrusive music supports the blissful ambiance. Soft soothing music, surrounded by a calming elegant décor. Each client enjoys personal attention and ultimate comfort, complemented by the total fulfillment that comes with being pampered.

Contributing to the Spa experience is the availability of Carousel Beauty Box, a collection of handcrafted Make-up Brushes and Cosmetics. Developed by make-up artist Khadijah Maria Brooks and made in the USA cruelty free, this

cosmetic line caters to all skin types and hues. Its brushes, with bristles of natural uncut hairs, are designed to be your best ally as you put your best face forward.

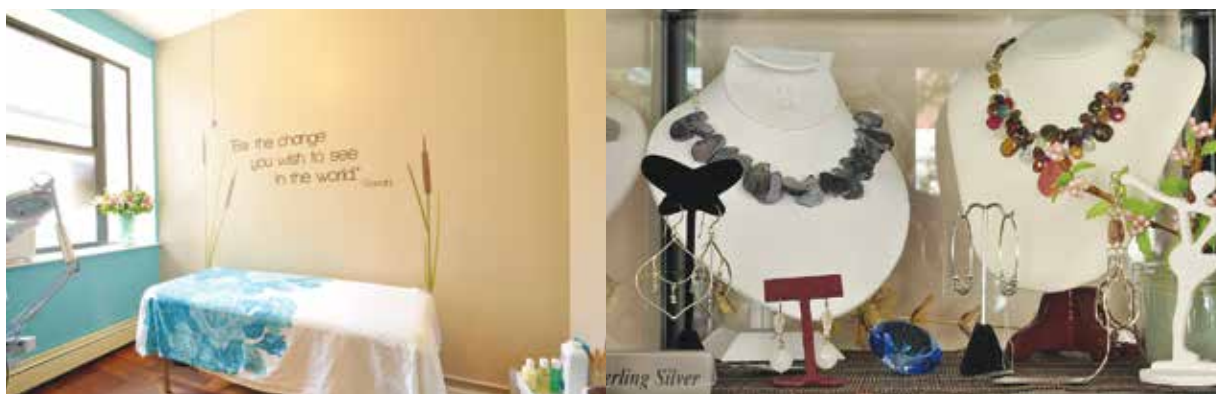
POLISHED offers customers a variety of spa services, including selected spa manicures and pedicures, full body waxing, a variety of carefully chosen facials created for all skin types, and full body massages. Each service is designated to address the demand and needs of the consumer, and is centered on the core theme of aromatherapy and wellness — from the Belava pedicure chairs that allow for complete reclining (and the foot bowls that give off heat and vibrations that massage your toes) to individual liners to ensure ultimate cleanliness.

We use extra sensitive GiGi Cream Wax for all our facial waxing services, and the Chocolate Cream wax is used for our all our full body waxing. The aroma adds to the experience. Our signature SPHATIKA facial is a natural botanical product that has nourishing, oxygenating, harmonizing, and balancing prop-

erties. POLISHED offers seven types of body massages, featuring the popular Massage and Rest, which allows the stress-relieving effects of the massage to linger long after it is completed.

To accent your newly revitalized skin, for your convenience and shopping pleasure, don't forget to browse through the hand crafted jewelry made from semi-precious stones and sterling silver. Created by Jeri White Papa for Jeri's Jewelry Styling, these unique pieces will add to your personal style and be the final touch you will carry with you until your next visit to POLISHED!

The menu of sought-after services embodies an emphasis on natural wellness and aromatherapy. Available for purchase are the signature homemade lemon-grass sugar scrub, natural salts, and newly introduced products that cater to the overall body experience. Through this valuable retail service, clients can transport the coziness, serenity, and luxury they feel at POLISHED right to their very own homes. Make a lasting impression ... Get POLISHED!



POLISHED FingerTips Nail Spa
2198 Frederick Douglass Blvd.
(Between 118 & 119th Streets)
New York, NY 10026
(212) 222-4466
polishedfingertips.com



FOOD

SERENGETI TEA & SPICES

2292 Frederick Douglass Blvd.
Harlem, NY
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www.serengetiteasandspices.com

By Nayaba Arinde

In England they say, “Tea makes everything better.” Have a broken leg? “Have a cup of tea, love.”

Your brand new monthly metro card just fell onto the third rail? “No worries. Do you want honey or lemon?”

Tea is the great soother. A bountiful healer. The tremendous refresher. The quintessential icebreaker.

Hey, how about it is a gastronomical delight, a trip across the continent, a

flavor explosion of culture, history, and heritage?

Situated close to the Harlem neighborhood known to some as Little Africa, Caranda Martin opened Serengeti Teas and Spices at the end of summer 2013, hoping that the African Tea Gastronomy “introduces the history, magic, sumptuous and exotic flavors of Africa.”

As he greets his customers warmly — answering whatever questions they may bring, he tells the Harlem Times that perhaps the most common response he gets is that most people are surprised

that Africa is a tea producer.

A native of Liberia, Caranda has lived in Harlem for 20 years, and setting up shop in that community was very much by design. Interested in supporting the vibrant neighborhood in which he lives, Caranda says, “I wouldn’t have opened my first shop anywhere else.”

The reception from the indigenous community has been “fantastic,” says Caranda. The folk who walk through the door, make a purchase or sit and sip consist of a “really balanced mix of the residential Black and non-Blacks. We get people coming in from other boroughs who just want to have fun in Harlem, and tourists.”

Here is his glorious tag line: “Serengeti Teas and Spices introduces the history, magic, sumptuous and exotic flavors of Africa. The tastes, the aromas, and the history kept in boxes, journals, and the African kitchen come to life in our signature coffees, teas, cocoas, and spices.”

Martin says that what with signature specialty blends and related products, his desire is to engage the experienced epicureans, gourmands, and the everyday tea lovers.

“A lot of the people who come in are already educated about teas, but they are interested in knowing that Africa is a tea producer, people are often surprised. Africa is the one of the largest producers of tea. Kenya is one of the largest tea producers in the world.”

Caranda offers more than a cup of char though.

He says, “We are all about promoting well-being and health. We are a holistic company. We bring the healing component, so we have teas that are anti-inflammatory, and other teas that are anti-oxidants, and other [properties].”

Tea enthusiasts who visit Serengeti Teas and Spices have Martin’s herbalist grandmother to thank for the healing, refreshing essence.

Caranda tells of his personal history on his website. His was a holistic upbringing engrained in working on the family farms, and developing an almost intuitive knowledge of plants and their healing powers, as well the flavor factor — the goodness and benefits derived from a good cup of tea.

“Muma,” his dear grandmother taught him all he knows, he shares. “I was very much a Grand-Mama’s boy. When I was seven it all started on a walk in the farm garden. I was brought into a world of flowers and herbs and plants that could heal and awaken the body. Muma always requested I take notes and she questioned what I had learned from our time in the farm gardens, on trips to tea estates, our farms or walks picking herbs and spices. It was always fun to go to the farms. My Grand Papa had a very large farm and I would be in heaven for days searching the bushes for botanicals to bring them to Muma and when we both walked the bushes,



Caranda Martin

well it simply was bliss. The wild little berries were amazing to see and taste and they made such amazing fruity teas, pies, preserves and jams. The flowers and herbs were so aromatic and full in flavors. At times I was told by Muma to simply close my eyes and taste the herbal blends we had created."

When he got older he created tea blends and read his Grandmother's master recipe books, "I surely was loved and educated by this fantastic nurturer of a Grandmother. We spoke of the healing properties and the importance of many different herbs, plants, and spices. Today you can enjoy this magic as a gift from Muma and Africa. I am excited that you are able to enjoy the love and passion put into creating all the products at Serengeti Teas and Spices."

He parlayed his knowledge and skills into working in the hospitality business, and with many chefs, including celebrity chef Marcus Samuelson, now at Harlem's Red Rooster.

Now he is realizing his own dream with his own fabulous business, Serengeti Teas and Spices. He is feeding two birds with one seed; giving back to his beloved Harlem, and doing business with

farmers in Africa and South America.

So you will go on an epicurean journey, to the villages, the farms, the precious plots of land where skillful hands call on ancient knowledge to cultivate the leaves, that once steeped will produce the most aromatic, perhaps healing and relaxing beverage known to man or woman. Serengeti Teas and Spices is a specialty African "branded company that creates a variety of proprietary tea blends, coffees, hot chocolate, and spice blends based on African recipes using the highest quality, organic and naturally harvested ingredients from the African continent."

Continental cultural knowledge and pride is seeped into every leaf, on his website Caranda notes, "Africa has long been a tea-growing region, but no significant companies have marketed the teas from Africa as a unique product. Seventy percent of the world's cocoa beans come from Africa, yet there are no dominant companies branding their cocoas as African. While Brazil produces more coffee beans, East African countries have long been known to have a much-steeper tradition and a higher quality product. Ethiopia is the birthplace of coffee, which offers additional

credibility to African coffees."

Proudly, Caranda displays his teas, coffees and hot chocolate blends.

The vast variety of teas are reasonably priced — but this is not your corner store/bodega affair — so a cup might stretch you to \$3.50 — iced or hot, chai tea latte-herbal/cafeinated \$3.75; and then a "cup of rare teas" is \$4.25. The "special/custom cups" are priced at \$5.50. A small pot of tea starts at \$4.50. Or perhaps you want to have some loose-leaf, you connoisseur you, from as far reaching as Ghana, Cameroon, Kenya, Uganda, Tanzania, India, and Sri Lanka.

Coffees begin at \$1.75, but the French press pot, hand spun coffee, café au lait or latte, cappuccino, espresso macchiato, espresso with Serengeti dark chocolate and froth milk are in the \$3- 3.50 range.

Peckish too? The scrumptious pasties are from Balthasar bakeries. You can chow down on croissants, chocolate canelees, and scones with some blood orange, blueberry, basil, wild flower honey, hibiscus and orange blossom honey preserves. Maybe though, you want to treat your taste buds to some made-to-order Serengeti slow-cooked

preserves? Vegetarian and vegans are catered to too, but carnivores can chose to wrap their chops around the smoked lentils and braised meats.

You can come by yourself, with friends, or have Caranda host you and yours for sit-down breakfast, brunch, lunch, afternoon tea, and dinner specialties.

Forget wine tasting, how's about tea tasting?

Booked in advance Serengeti will give you a choice of six to ten teas from their collection of up to 400 flavors and types. They cater to office meetings and private tea events also (Caranda is determined to cover all angles).

But Caranda says that his will not be a mega, mutli-floor establishment spreading three or four stores across Frederick Douglass Boulevard. "I am about boutiques," he assured. "So I am interested in opening boutiques not big stores, because we are a company that wants to always have a close connection to the people. We want to keep things intimate and compassionate. So I may open other stores in Harlem. We are about health and wellness, and we will go where we are needed."

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REAL ESTATE

Real Estate Deciding to Sell

By Deondra Carter

As we enter the busy spring buying season, many homeowners are considering if now is the right time to sell. It's undoubtedly a seller's market in New York City; the market continues to experience record-breaking sales prices fueled by low interest rate mortgages and all-cash purchases. In Manhattan, the average days on the market was 95 days in the fourth quarter 2013, compared to 177 days the prior year (according to Miller Samuel Inc., an appraisal firm located in NYC). That's compelling news for a potential seller. If you're thinking of selling, there are several factors to consider before deciding to put your home on the market.

Determine your motivation for selling

There are many personal and financial reasons why you may want to sell your home: your family may have outgrown its current home; you've been offered a new job and need to relocate; or you received a significant raise and want a nicer home. Perhaps you'd like to live in

a new neighborhood or a better school district. Other motivations may be more financially based, such as divorce, retirement, foreclosure or bankruptcy. All of these scenarios are life-changing events, and can be an exciting or emotional time. However, before finalizing your decision, you should have a definite plan of where you wish to live once you sell your home, and determine in advance how much you will need for future living expenses.

How much is your home worth?

The most important question homeowners ask is, "How much can I get for my home?" It primarily depends on the condition of your property, the amount of equity you have, and how quickly you need to sell.

Consider the competition

In order to determine how much your home is worth you need to compare your home to what's currently on the market, what's going into contract, and what has recently sold. Keep in mind that several new development projects have hit the market and are generally more expensive per square foot

than older homes. If your home is well maintained or you've done attractive renovations, it will increase your home's ability to sell for top dollar.

How much equity do you have?

If you have little or no equity in your home, you might have a difficult time making a profit. However, if you've been in your home for a few years or have added value to it, you should be able to benefit from the strong demand and increase of home values. If you bought low and have a good amount of equity, selling the property reaps an even greater profit.

How quickly do you need to sell?

Your reason for selling is unique and will determine your ideal closing date. An all-cash offer with a quick closing date is generally seen as the best case scenario but if you need to find a new home before selling your existing home, that kind of offer might not be best option for you. On the other hand, if you are a homeowner who has the time to wait for the exact price and terms you prefer, you'll most likely get the deal you want. It all depends on your situa-



tion, so be sure to price your home and manage your expectations accordingly.

Once you've decided to sell your home, be sure to choose a real estate agent that you can trust to get you the best price for your home and provide professional service. Make sure that your agent has a comprehensive marketing plan, stages your home to make it look its best, and takes professional photos of your home so it can sell at the best price.

For more information or questions, contact Deondra Carter, Licensed Salesperson at Douglas Elliman Real Estate. Direct: 917-882-8718 or email: Deondra.carter@elliman.com.

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“Broken Bodies, Suffering Spirits”

Medical Horrors of the Civil War at Philly’s Mütter Museum

By Marilou Regan

A new exhibition at the Mütter Museum, “Broken Bodies, Suffering Spirits,” features the medical history of the Civil War—focusing on a Black soldier, a white soldier, a nurse, a doctor and poet Walt Whitman. It shows Philadelphia’s important role as a center for treating some 157,000 injured soldiers here in the 1860s, through text, photos, soldiers’ letters, battlefield drawings and artifacts—many of them gruesome and haunting.

A recruitment poster urges, “Men of Color, To Arms! To Arms! Now or Never!” But the history on display shows that Blacks who answered the call were given inferior food, supplies and medical care, and had higher rates of disease than whites.

One Black regiment had 150 deaths in one summer from scurvy (vitamin C deficiency) from a lack of fresh food, and Black soldiers contracted smallpox more often since they were less likely to have been vaccinated. Of the estimated 850,000 Civil War deaths, one-third died from wounds and two-thirds died from infectious diseases, including dysentery, typhoid, pneumonia, smallpox and malaria.



© 2014, The College of Physicians of Philadelphia

The Philadelphia region’s first training ground for Black soldiers, the “U.S. Colored Troops” (USCT), was in Camp William Penn in Cheltenham, Montgomery County. The school trained 11 regiments of emancipated soldiers. Presley Dawson, from Howard County, Maryland, enlisted in Lancaster, PA. and he trained here.

Men of both colors suffered horrific wounds on the battlefield and Walt Whitman, who spent three years helping to care for the injured in Washington,

wrote to his mother: “One of the first things that met my eyes in camp, was a heap of feet, arms, legs.” A photograph of a heap, as he described, is nearby. An estimated 60,000 men lost arms or legs during the four years of the Civil War.

The exhibit is unsettling in a very interesting way, with many macabre medical artifacts on display, along with surgical instruments that could be found on any workbench—a hammer, chisel, knives and saws used for amputations. In one interactive room you can even simulate your own amputation.

There are several samples of the devastating Minié ball, the small, conical lead bullet that splintered bones and caused horrible exit wounds. Shots to the torso were usually fatal, but when a limb was struck, amputation was often the only way to save a soldier’s life. Most of these grisly operations were done with the soldiers knocked out by chloroform or ether in the military hospitals that were quickly built to help handle the influx of the injured.

Another display case is filled with 150-year-old amputated limbs and bone specimens, some with gaping musket bullet holes and some had the lead bullets still embedded. To extract them, doctors used “ball forceps,” which are also on display. Another case holds the broken skull of a soldier who was shot through both eye sockets.

The exhibition, “Broken Bodies, Suffering Spirits: Injury, Death, and Healing in the Civil War,” shows the overwhelming scope of the Civil War and its casualties. It is part of the museum’s permanent collection in the College of Physicians of Philadelphia.

The Mütter Museum is famous for its ghastly medical abnormalities and pathologies in jars. Among its treasures are a collection of skulls, a death cast of the Siamese twins Chang and Eng, slices of Einstein’s brain, the 19th-century Soap Lady (a mummy whose body fat had turned to soap after death), and several drawers filled with 2,000 objects removed from patients who had swallowed them.



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TRAVEL

Cape May Point

Hidden Oasis at the Tip of New Jersey's South Shore

By Heather Greenleaf

As soon as summer arrives, day-trippers and vacationers descend on the New Jersey shore. Seasonal shops and restaurants open all along the coast, happy to provide goods and services to the crowds strolling the boardwalk or the promenade, as the populations of these winter-sleepy towns explode. Seagulls screech through the sky and roam the beach looking to snatch a snack from the sun worshipers jockeying for towel space, juggling beach chairs, French fries, and ice cream cones.

Eager to join the masses relaxing “down the shore,” many Philadelphians merge into the parade of overloaded cars that stacks up on the Garden State Parkway. Mile by mile, they exit en route to their favorite destinations—Brigantine, Ocean City, Avalon, Wildwood—gradually emptying the southbound Parkway lanes until they end at Exit 0 in Cape May. Four miles further southwest, where the Delaware Bay meets the Atlantic Ocean, lies a quiet oasis very different from its bustling beach town brethren: Cape May Point.

Cape May Point greets visitors with rich and lush greenery, flowers, and the occasional hummingbird. Wide open, uncrowded beaches provide the perfect spot for watching pods of dolphins play just a few hundred yards off shore. This town has its own lighthouse, lake, bird sanctuary, and is a stop-over for thousands of migrating monarch butterflies.

What's more, it has the Red Store.

The Red Store is one of two restaurants in town, and offers intriguing and sophisticated fare based on market availability and seasonality. The menu, created by Chef and owner Lucas Manteca, is ever-changing. Crab can combine with corn, poblano peppers, and feta cheese to make your morning pancake; oysters may be paired with fresh horseradish and dill crema; and lobster is sometimes served with avocado and spicy strawberry vinaigrette.

“Eating should be social, fun, and healthy,” says Manteca. He and his wife, Deanna, run the Red Store with a focus on farm-to-table dining, which echoes the way Manteca grew up eating in Argentina.

While he has worked with local farmers since opening, this year the Red Store purchased its own farm, about ten acres in West Cape May according to Manteca. The



Cape May Point sights.

something very special about Cape May Point. “I walk around Lake Lilly every day,” says Manteca. “This place is magical.”

And so is that pistachio gelato.

The Red Store will open for breakfast five days and dinner one day per week

spring harvest will bring cauliflower, broccoli, fava beans, and English peas to the table, and patrons can expect to see lettuces, zucchini blossoms, herbs, tomatoes, and farm fresh eggs on the menu this summer.

The Red Store also acts as Cape May Point's general

store, bakery, coffee stop, and gelato shop. For many, this is the first and last place they go each day, even if they don't have a meal there—bookending sand and surf with a cup of coffee and cone of gelato. The pistachio gelato, one of the many rotating flavors, is rich and sweet with just a touch of salt, elevating this velvety frozen dessert from treat to luxury.

Manteca, who has lived and found culinary inspiration in Buenos Aires, New York, and Miami, thinks there is

Easter weekend (April 19), with full service resuming in the summer months.

Can't wait until then? The Red Store holds a Supper Club twice a month, and with only forty spots available, it books up quickly. Guests are informed of the dinner's ingredients, but little else, making the dinner a fun adventure. The cost is \$65 per person, cash only, and be sure to bring your own bottle of wine.

The Red Store

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10 Million Gallons of Water: *The World's Largest Aquarium*

By Neely Terrell

"Georgia Aquarium provides an entertaining, engaging, and educational experience, inspiring stewardship in conservation, research, and the appreciation for the animal world."

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Can you imagine going to the largest aquarium in the world — a place where there are millions of different species? What about a gargantuan aquarium filled with 10 million gallons of water, a building large enough to house 400 employees, over 2,000 volunteers, and in excess of 2 million visitors annually? You won't have to imagine much longer. You simply need to come to Atlanta, GA.

The Georgia Aquarium, located within walking distance of the World of Coca-Cola in downtown Atlanta, renders an understated exterior but is wildly colorful and explosive inside. You can explore various activities, such as the Dolphin Tales Show, 4D Theater, Behind the Scenes Tour, Sleepovers, Kids Corner, and other Aquarium Programs. The entire structure is the brainchild of Bernie Marcus, a generous philanthropist and co-founder of Home Depot. It was his \$250 million gift to Georgia that allowed the aquarium to open in 2003 "debt-free." Because Atlanta is where he opened Home Depot's first stores, Marcus wanted to give back to the same community that helped make his businesses successful. Marcus wanted to "promote economic impact for the city and state, bring growth and new jobs and help create a new destination to inspire visitors to stay — and stay longer."

As with any large undertaking, there have been controversial issues surrounding the aquarium. As recently as last year, the aquarium's proposal to import 18 beluga whales from Russia was declined. The plan was for three to be housed at the aquarium, while the remainder would be distributed to five other parks. Unfortunately, the proposal was rejected because of the controversy it sparked. There were concerns about the whales' safety and captivity, and basic



Above, Beluga whales at the Georgia Aquarium; giant grouper, right.

concerns that requirements outlined by the *Marine Mammal Protection Act*, which dictate that captures be humane and not endanger wild populations would not be met. Nevertheless, these setbacks have not affected the millions of tourists that enter each day, nor will it stop first-, second-, third-, or fourth-time visitors from wanting to see more of the aquatic world's attractions. The shows become more interesting and the animals get more attractive with each visit.

The Georgia Aquarium is not only a place to be intrigued and engaged, it also provides educational programs, and veterinary services. It is a massive underwater canvas. Its art moves and



hypnotizes every viewer. There is beauty in countless strange and dynamic forms. Creatures, whether tiny or humongous, hairy or bald, bizarre or typical, quick or slow-moving, are all housed here. The Georgia Aquarium is an unforgettable lo-

cation that houses *millions of species* from all over the world. Why not treat yourself and visit the world's largest aquarium?

Neely Terrell is an author and librarian. She currently lives in Doraville, GA.

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By Carmena Jarrett

On a beautiful Sunday afternoon I visited one of the best brunch spots in Atlanta. **Sun In My Belly** is nestled in the Kirkwood neighborhood. Being an Atlanta native and having heard such wonderful things about the place, I decided to drop in and experience it for myself.

One could easily drive by and miss this restaurant, with its antique, country store feel. Located in the historic Baily's Hardware store, its delicate patio decorated with white Christmas lights lends a sweet southern feel. I parked on the street and made my way toward the delicious smells that wafted throughout the neighborhood. Known for its food as well as its long waiting times, I arrived early.

My table was cute, with dainty flowers and a mason jar filled with water. It reminded me of long summer days — catching lightening bugs at night and sipping lemonade on the lanai. There was a simple menu with nine brunch items to choose from. I began with the mocha cappuccino.

Beverage:
Double Mocha Cappuccino

My double mocha cappuccino was perfect for the day. It was just the right balance of flavor. I did not have to add sugar because the chocolate was perfectly blended to provide enough sweetness. Since my throat was feeling under the weather, the creamy and chocolaty coffee drink was the right choice.

The Taste:
The Kirkwood Breakfast

The Kirkwood consists of softly scrambled eggs with herbed boursin cheese, two strips of honey glazed bacon, and a hot, homemade, buttery, flaky biscuit. My first bite was into the best scrambled eggs I have ever tasted. And the ever-popular honeyed glazed bacon was

so good, it should have its own Twitter feed. It's sweet, peppery, and salty, and pairs well with the eggs. All in all, I had a simple breakfast elevated to the level of classic southern cooking.

The Taste:
Challah French Toast

The Challah French Toast is filled with honeyed ricotta and seasonal fruit; the day's selection was bananas. The buttery toasted challah was presented upright with the banana and ricotta filling spilling over the sides. At first glance it looked like a massive undertaking, but I was determined. The taste, which took me by surprise, was not overly sweet at all — it resembled a Bananas Foster.

Some popular staples on the menu are **Alison's Famous Pimento Cheese Omelette** served with honey glazed bacon and potato hash, and **P.B.L.T.**, which is about as southern as you can get; pimento cheese, fried green tomatoes, and thick cut bacon atop a scallion aioli, with the option of a fried egg served with potato hash. Yummy!

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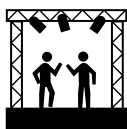
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Smithsonian JAM

By Tom Sherman

The empty auditorium slowly filled with an eclectic mix of people that extended across the usual racial, generational, and social confines that bind society into neat divisions. As the National Museum of American History's amphitheater became packed with jazz aficionados, members of the State Department, and multiple living legends, the imperceptible buzz of white noise soon compounded into a roar of fervent anticipation; the spirit of the Smithsonian's 13th annual Jazz Appreciation Month was palpable.



EVENT

The event began with formal rigidity, which, juxtaposed with the fluid subject at hand, offered a satisfactory note of irony to those in the audience. It has been fifty years since the National Museum of American History was founded, museum director John Gray explained,

"...so we looked back to 1964 for a subject for this year's theme, which was the same year John Coltrane wrote 'A Love Supreme.'" The iconic album that helped define a legend was certainly a fitting theme; the passion, devotion, and love for the art and science that is jazz oozed from every participant in the event.

The Smithsonian Jazz Masterworks Orchestra (SJMO) took the stage. The quartet played a few Coltrane songs, with conductor and lead alto sax Charlie Young adding parenthetical footnotes about the styles, techniques, and theories employed by Coltrane throughout his path from an amateur trumpeter in the Navy to virtuoso exploring complex mathematics and matrices with jazz.

Then legendary jazz photographer, Chuck Stewart, continued the celebration with a charismatic speech. The prolific photographer's work has graced over 2000 album and CD covers throughout his career. Stewart recently came across a few rolls of undeveloped film from 1964, featuring Coltrane



John Coltrane's Selmer tenor saxophone was donated to the Smithsonian Institute.

PHOTOS BY JEFF MALET, MALETPHOTO.COM

among others. "Photography was a life-line, opened and closed doors, allowed me to see the world as I saw," Stewart said in a brief speech.

Stewart was able to capture the essence of passion and soul artists put into their music with a prescient discernment. Apprehension, pain, longing, and desire shine through the artists' faces, placing the viewer in the recording studio or at the foot of the stage at pivotal moments in jazz history. An irreplaceable authenticity marks each photograph. When asked how he was able to capture such vivid realness in his subjects, Stewart responded with a story:

While shooting an album cover for Duke Ellington, Stewart was setting up his equipment, apologizing for keeping Ellington waiting. Once he was ready, Stewart told Ellington it was time for the photo shoot, "and [Ellington] leaned back like this (Stewart craned his neck to the side and flashed a toothy, cockeyed grin), and I said, 'No, no, no; that's not you, let me see you.'" Stewart proceeded to guide Ellington to pose in the authentic manner he was used to seeing Ellington have at house parties or while recording, when not in front of the scrutinizing public eye. "That's when I realized—I control them, these big stars will listen to me," Stewart marveled.

The same general principles of authenticity guided Stewart while capturing iconic live photographs as well. "There could be 100 other cameras there, I don't know if they're looking for the same thing, but I was looking for how they looked good to me. None of this snapsnapsnapsnap, 'Oh you're famous!' As soon as I hit the button I knew [the photograph] looked good because I photograph them in the way they looked and meant to me." Stewart's ability to immerse himself within an artist and capture their reflections upon him creates a breathtaking quality of personalization to each photograph, which ultimately complements each subject's own jazz styling.

The second major donation to the Smithsonian Institute was the gift of John Coltrane's Selmer Mark VI tenor saxophone, made in Paris about 1965, from his son, Ravi Coltrane. The ornate beauty of the saxophone electrified the amphitheater. While SJMO lead alto saxophonist Charlie Young helped display the instrument, the museum's curator implored, "You'll be the last human hands to touch this without white gloves, so don't drop it."

"How's it feel?" asked director John Gray.

Without a second thought Young responded, "Like sex."

The second act of the JAM kickoff event was a workshop, free and open to the public, led by NYC schoolteacher Christine Passarella, featuring the legendary Dr. Cornel West. By then, most of the press was gone, many attendees had returned to their offices, and the fanfare was reduced to a buzz of humming fluorescent lights. The workshop about Passarella's in-school jazz club, "Kids for Coltrane" was some of the most inspiring, interesting, and enlightening dialogue of the day.

"Children care about their souls, their heart, the truth—not about standardized tests," Passarella noted. "[Coltrane] frees [kids] from being locked in a form of psychic spiritual bondage of dominant society. We need to unshackle from hedonism, narrow individualism, materialism. Coltrane frees us in some sense, and people are hungry, thirsty for it," said Dr. West. "Kids are taught to be echoes, copies—not inventions or originals."



Chuck Stewart



Randal Rossman, left, John L. Gray, Mark Dibner, John Hasse, Michael Frisch and Chuck Stewart, seated

Dr. West also noted, “Rich kids get art, poor kids get tested...markets value money, not creativity. The structural institution of dilapidated school systems in chocolate schools (and that of any race, vanilla, strawberry), are the greatest crimes against humanity.”

When asked for concrete steps to bring art back, to unlock the Coltrane in everyone, to rebel against the status quo, to become original voices rather than echoes, Passarella answered with a question: “Who’s teaching your children?” If kids are taught by a system, one must be responsible as an adult. She urged those in attendance to find out what is being taught by and in their current systems, and to try and change it—those who act foment change from within. Passarella is a prime example of fomenting change from within; she started an extracurricular jazz club in the NYC public school system for her students, mainly with her own funds and motivation. Passarella concluded her thoughts with another question: “What kind of country do you want to live in?”

Smithsonian’s Jazz Appreciation Month concluded with a concert at George Washington University, featuring GWU’s Tuesday night jazz combo and Ravi Coltrane’s quartet. The students and faculty comprising the Tuesday Night Combo lavished the audience of nearly 1,000 with delightful scatting, soothing grooves, and skillful solos. Ravi Coltrane and his jazz quartet had a tough act to follow, but were able to step up to the challenge.

Coltrane spoke softly, candidly, and charismatically to the audience between sets, noting, “Seems like there’s a lot of Coltrane pieces tonight.” Coltrane dazzled, ripping monstrous solos that caused him to leave the stage multiple times afterwards to catch his breath. He was melded to the saxophone, and was exactly the living incarnation of greatness the audience had hoped to hear. His quartet was no less impressive; each player’s solo elicited a range of emotions from the crowd. The bassist had a funky twang of originality, inspiring awestruck guffaws from members of the crowd. The pianist del-

icately scampered across the keyboard, ensuring nothing was left unexplored. The drummer’s arms became a whirl of imperceptible motions, and would humorously lure the crowd into clapping for his solo before descending back into the cacophony of bass kicks, snare hits, and cymbal snaps. The conclusion of the show was an arrangement of John Coltrane’s iconic “Giant Steps,” which is a fitting beginning to the start of

Jazz Appreciation Month; re-instilling the love, passion, and truth of jazz into American culture is certainly a large task, but achievable.

By the end of the night one thing was certain: every participant in Smithsonian’s JAM kickoff event embodied the “supreme love” John Coltrane was striving to give voice to fifty years ago.



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Kohinoor Dhaba, Crystal City's Best

By Tom Sherman

Whether you are flying into Washington, D.C. for a political fundraiser or protest, to visit friends and family, or you simply have a two-hour layover en route to Boston, it would be worth your while to check out Kohinoor Dhaba.

The restaurant is located in Crystal City on a service road off of Route 1, less than a mile from Ronald Reagan Washington National Airport, tucked in behind a bus depot and adjacent to Arlington County's Water Pollution Control Plant. Kohinoor Dhaba is not even a hole-in-the-wall, it just looks like another wall; one can pass by the restaurant without even knowing it exists (I did for twenty plus years).

Kohinoor's interior can be written off just as easily as its exterior. After walking up a flight of stairs, a small atrium offers two options: right or left. To the left one can get a sneak peek into the kitchen, full of workers peeling onions, tending to pots releasing the aroma of a myriad spice blends, and peering into ovens baking fresh naan. To the right is a small dining area no larger than a backwoods shack; the 10x20 room — reminiscent of a microscopic school cafeteria — serves authentic Punjabi fare. Featuring four or five table clumps, linoleum floors and fluorescent lights, a self-serve buffet line, a glass soda case full of Indian soda and beer, and a TV playing Bollywood movies nonstop — dining at Kohinoor is a

communal experience

The buffet is “all you can eat,” and is full of intricate, unmarked dishes. The first go around requires a little bit of restraint; loading up on an unknown substance can be the makings of an unpleasant lunch. Unless you are already fully fluent in Punjabi cooking, the first go through usually requires a small sampling of each dish in order to determine what your lunch will become.

I ordered a Sweet Lassi (\$2.50) to drink and went to work on the buffet (\$9.95).

I started my meal with a bowl of salad greens heaped with onions marinated in spicy chutney and a yogurt-based dressing. The onions are ferociously flavored, and will easily bring tears to the eyes of those not used to such amounts of curry and cayenne pepper. Luckily, the Sweet Lassi was delivered moments after the first few bites; the drink was the consistency of skim milk — smooth, tangy, and refreshing. There are hints of vanilla and honey, but the sweetness is not overpowering to the palette. It's a yogurt-based drink that's a perfect complement to the spicy experience of Kohinoor Dhaba (since dairy products alleviate the burning sensation left behind by the capsaicin present in spicy food).

I then had a dollop of Alu Gobi, which is a dish of carrots, peas, cauliflower and potatoes mixed within a creamy intermediary. The mixture of green, orange, and a muted yellow filter added color and character to the meal. The dish tastes how it sounds, a bit bland,



The food pictured is on a tray, from bottom right going clockwise is: rice, Chicken Marsala, Tandoori Chicken, Chicken Kadhi, Alu Gobi, and Halwa. Salad with spicy onions is in the bowl. Laassi drink is in the cup.

but was a welcome alternate between the spicier foods on my tray. The Alu Gobi helped cool the burn while helping pace my Lassi consumption.

After that I moved onto the main course: three types of chicken over a bed of rice. The long grain rice, which is sticky and lightly spiced with saffron, is great for heaping Chicken Marsala onto. The Marsala had been a popular dish that day, and was both low in the buffet pan and a bit dry on the palate, but the creamy orange tomato sauce was able to rehydrate any unsavory bites with its robust tumeric flavors.

The second type of chicken, Chicken Kadhi, was served with chopped bell peppers and spinach in a garlicky butter sauce. Although cooked well and certainly delicious, it had a remarkable blandness in contrast to the other dishes. I would recommend picking the Kadhi for those with sensitive taste buds, especially children and anyone inexperience

enced with Indian food.

The final chicken dish in my triumvirate was the Tandoori Chicken, which was great — knock your socks off, get seconds and thirds (and try to sneak out fourths) great. The bright red chunks of chicken melted into my taste buds. Delicious notes of chili powder, tumeric, and paprika struck a harmonious chord, balancing spiciness and savory flavors. Among the succulent chunks of chicken were snippets of parsley and cool bursts of mint.

To cap off the meal, there was a pan of Halwa inviting itself onto the tray with its tantalizing golden brown hue and intriguing textures. The spongy pudding had a lightly sweet, almost indiscernible, taste to it initially, but the delicious aftertaste fully rounded out its potential as a dessert dish.

Not content to simply finish my meal, I used all of the surplus fresh, fluffy, warmed Naan to sop up any and all juices, rice grains, and chicken snips I had carelessly missed.

This diamond in the rough sports authentic home-style Punjabi cooking at ridiculously low prices. Two meals, drinks, and naan totaled under \$25; the value well surpasses any interior design shortcomings of this home-style Northern Indian food restaurant.

Kohinoor Dhaba gets three out of five stars for its delicious and authentic Punjabi style food, easy-going atmosphere, and delightful staff.

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increase in the average number of retail business permits. What's more, similar-sized communities in both northern and southern California without Walmart Supercenters either experienced a decline in average taxable retail sales or fell short when compared to a similar-sized community with a Walmart Supercenter. And in some cases, both occurred.

"Walmart is focused on the facts when it comes to talking about our presence in a community and evidence shows that California communities win with Walmart, particularly in regions of the state that have fewer economic opportunities," said Kim Sentovich, senior vice president of the Pacific Division for Walmart.

"I first launched this study in 2008 and found similar results," said Lon Hatamiya. "I added an element to the current version by looking at communities without Walmart Supercenters and comparing the results. It's clear that communities with a Walmart Supercenter experience overall positive economic benefits to a local economy when compared to a community without a Walmart Supercenter."

The research revealed that on average California communities with Walmart Supercenters experience positive gains in taxable retail sales and an

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Lessons Reinforced

Possibility through Earned Development

By Allison Nim

Real estate remains an integral part of the even flow of development that is so essential to Detroit's economic revitalization. In recent years, the city of Detroit has witnessed a flood of projects undertaken in both affordable and higher-end housing, as developers and investors became aware of the actual demand, spurred by growth, despite popular perceptions to the contrary.

In the emerging trend center of midtown Detroit (walking distance to downtown Detroit and home to Wayne State University, Detroit Medical Center, Detroit Institute of Arts, and several other historic and cultural landmarks) a host of development projects are taking shape. Included amongst these is the near completion of the 61-unit, state-of-the-art residential building Woodward Gardens, along with the extensive renovation of an apartment complex, Brentwood Apartments (both lying in tight proximity to Wayne State's campus). In the same area 12 brand new, affordable, and contemporary housing units are un-

der construction, while ground has been broken at the new site of Lawrence Tech University (a popular Michigan engineering school) in an intentionally ominous spot. The anticipated outcome will be a youthful but academic and professional presence to a systemically blighted area, effectively zeroing in on the positive regional effects of the presence of strong higher-education institutions. Another development includes the \$6.9 million dollar renovation of an abandoned Hebrew school currently in process, funded in large part through federal and state tax credits. It is these tax credits that may lie at the heart of attracting investors to new, innovative approaches in Detroit's burgeoning real estate development trends.

Innovation has long been a catalyst for this city's success. Undoubtedly, Detroit is most famous for revolutionizing the auto and assembly industries, cementing a profound and pioneering mark on all aspects of modern business. Ironically, the city also faltered from failing to evolve or even maintain its foothold during the pinnacle of its own groundbreaking achievements. Now, however,

the city is showing resiliency in light of its historical failures, through the ambition of new entrepreneurs, established conglomerates, and even small business owners relishing the opportunity to prove some new concepts. Through utilizing the potential in real estate development, coupled with tax credits specifically designed for distressed communities, and the draw of environmentally conscious endeavors, there is a strong potential for innovative real estate projects centered on green initiatives.

The neighborhood grassroots development group Penrose Gardens relies in part on the aesthetics of art and nature to bolster optimism and promote growth in a disadvantaged community. Taking inspiration from this one small movement, innovation and opportunity lie in the development of aesthetically pleasing yet environmentally conscientious living through apartments/condos situated around large volume co-op greenhouses (capable perhaps even of volume commodity production). Not only is this an avenue for green-minded resources, but it's also a positive solu-

tion to the enormous blight crippling the city. What's more, is the abundance of varying tax credits acting as a powerful incentive in attracting potential investors and developers—credits including eligibility for federal funds related to Healthy Food Financing Initiatives, along with the Community Development Financial Institutions.

The vast majority of state and federal tax credits mandate a criteria directly aligned with the conditions underlying Detroit: the need for increased private investment and innovative development tactics. The Economic Development Administration "...supports bottom up strategies that build on regional assets to spur economic growth and resiliency" and solicits funding to "...develop initiatives that advance new ideas and creative approaches to advance economic prosperity in distressed communities..." In the mid- to long-term, this carries the possibility of an increased residential area and tax base, and with diligence (and luck) a domino effect resulting in increased tax revenues to perpetuate even more development and renovation that this city is so primed for.

A Whole Foods Fresh For Detroit



By *Allison Nim*

In recent years, there has been an overdue, significantly essential shift in emphasis in the way consumers view food: from convenient, abundant, and processed to wholesome, natural, and nutritious. Fresh-focused markets have emerged as power players, with local farmers markets taking on dual roles as grocer and weekend event destination, while multi-state markets such as Michigan-based Meijer and multi-national Whole Foods Markets have maintained their presence as a primary destination for the more singular purpose of grocery shopping. Whole Foods has decidedly transcended the parameters of a corporate, profit-driven entity into a local communal-health oriented advocate. At its location here in Detroit, Michigan, the popular fresh-focused grocer has actively offered grants as well as expansive food education and general welfare for the city.

Paramount amongst Whole Foods efforts is a focus on the incorporation of local community interests. “The Whole Cities Foundation” is a company endeavor that concentrates on the interests of the community in which a particular storefront is located, and is just one of a col-

lection of several socially committed initiatives the company has at the heart of its mission. One leg of the program is its collaboration with the “ReFresh Project,” a model for development highly regarded as one of the most promising in building healthier communities, eliminating food deserts, and revitalizing neighborhoods. The “Whole Cities Foundation” has committed \$100,000 to support the development and implementation of the program,

which will include the training and outreach of community health workers. Per Allison Phelps, Public Relations Specialist, Whole Foods Market—Midwest Region, locally, the company has expanded their community sponsorship in inspiring breadth.

In January of this year, Whole Foods launched a series of free weekly seminars centering on educating the general public on making better nutritional se-

lections. Fittingly titled “Let’s Talk Food Nutrition and Culinary Education Center,” these seminars include education on the science and impact of food and food choices, and are headed by community wellness and nutritional expert Akua Woolbright, a doctor of Nutritional Sciences from Howard University. Understanding that a solid comprehension of food education can be firmer at a young age, Whole Foods has also organized several trips and demonstrations within area schools, including in-store field trips with Detroit Edison Public School Academy and Jack and Jill of America-Detroit Chapter, 4-H Youth Development Programs, and GE Edmonson Head Start (which also provides healthy eating guidelines to parents working within a budget). In consideration of these and other individuals working with the restrictions of a low-income, Whole Foods Market Detroit has donated food for a host of outreach programs, including Community Connections, MSU Detroit Chapter, Cass Corridor Outdoor Community Meals, Forgotten Harvest, and Detroit Achievement Academy. The company has also provided sponsorship for the North American Bicycle Week along with People for Palmer Park, a thriving community-based activist group success-



Whole Foods Mango Mint Green Smoothie



“...Whole Foods is successfully establishing itself as a facilitator in the revitalization of Detroit.”

Opening day crowd at Whole Foods in Detroit.

fully promoting the re-emergence of one of Detroit's most historically rich neighborhoods and parks.

Like the opening of any other large-scale market, Whole Foods imposes a competitive atmosphere to conglomerates, chains, and small businesses alike. Yet, in a move that pledges to both community and corporate responsibility, Whole Foods Markets established a partnership with local bakery Avalon International breads, a small Detroit based baker specializing in fresh, artisan breads and rustic pastries crafted using old world practices and organic grains and flours. Mirroring the core values of Whole Foods, Avalon is a “Right Livelihood Business,” which translates to the principles which they are both founded on: Earth, Community, and the Employees. Like so many of the customers it serves, Avalon is a proud and diligent promoter of Detroit, now supplying many of its goods to all five of Michigan's Whole Foods locations. Their relationship has flourished so greatly, in fact, that the company has now expanded their wholesale operations with a new full-scale bake house because of it. With that, Whole Foods is successfully establishing itself as a facilitator in the revitalization of Detroit.



Whole Foods features a large selection of organic produce.



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